



St. John Ambulance
Proficiency Program

&



THE
DUKE OF EDINBURGH'S
AWARD
Young Canadians Challenge

Reference Guide

2003

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Introduction

The Duke of Edinburgh's Award Programme was started in Canada in 1963 with the purpose of challenging young Canadians between the age of 14 and 25 to achieve personal goals designed to advance their physical, mental, and spiritual welfare and thus to enhance good citizenship. The Award's purpose is similar to the aim of the St. John Proficiency Programme, making it easy to integrate the two programmes for the benefit of the young people involved.

Like St. John Ambulance (SJA), The Award Programme is voluntary and non-competitive; each individual is assessed on *effort*, *improvement* and *challenge*, making the Award attainable by all. The Award Programme is not a youth organization. It is a programme designed to meet the needs and interests of all young people, either through established organizations such as St. John Ambulance, or on an individual basis. Thus, SJA members who are also registered with a local Duke of Edinburgh's Award office can use activities from the SJA Proficiency programme to satisfy requirements of The Duke of Edinburgh's Award.

Upon successful completion of an Award level the young person is presented with a certificate and a pin or brooch (Gold). Members may wear the pin or brooch on their SJA uniform.

This reference guide has been developed for members of SJA who are participating in The Duke of Edinburgh's Award, either as leaders or participants, to highlight the areas of the Proficiency programme that maybe applied directly to a section of the Duke of Edinburgh's Award. For specific details on each section of The Duke of Edinburgh's Award please see the Participant's Record Book or Award website at www.dukeofed.org

General Conditions for The Duke of Edinburgh's Award

1. Each participant must be registered with an Award office, either through their SJA Unit or individually. Each participant's registration date marks his or her starting point in the Award; no activities undertaken before this date may be counted toward an Award. A participant may enter the Award at any level, subject to the age requirements of section 4.

2. For each Award, participants must complete certain activities in four sections:

- a) service;
- b) expeditions and explorations;
- c) skills; and
- d) physical fitness.

Gold Award participants must also complete a Residential qualification. Even though the Residential Project applies only at the Gold Level, participants may complete this requirement while they are enrolled in any level of the programme, and just submit once with the Gold level.

3. A participant may not use the same activity to qualify for more than one section of the Award.

4. In all cases, activities may not be counted for an Award prior to the young person's:

- a) 14th birthday for the Bronze Award;
- b) 15th birthday for the Silver Award; or
- c) 16th birthday for the Gold Award.

The age limit for all Awards is the 25th birthday and all activities to be counted for an Award must be completed by this date.

5. The minimum time required for each level of the Award is as follows:

- a) Bronze - 6 months;
- b) Silver - 6 months if continuing from Bronze, 12 months if Direct Entry at Silver;
- c) Gold - 12 months if continuing from Silver, 18 months if Direct Entry at Gold.

6. Participation in the Award is to be a young person's voluntary choice, and activities to count for an Award are to be undertaken in their leisure or free time. Accordingly, compulsory school activities, or activities undertaken while receiving money may not be counted toward an Award.

7. Refer to The Duke of Edinburgh's Award -Young Canadians Challenge Participant's Record Book for further details and conditions on each section and level of Award.

8. Young People who begin the Award programme in SJA may continue as an Independent participant or a member of another youth organization should they leave SJA.

Specific Proficiency Subject Credit

Service Section – Duke of Edinburgh’s Award

The goal of this section is to encourage young people to realize that, as members of a community, they have a responsibility to others and that their help is needed. With service being such a strong component of SJA's programme, few participants will have difficulty completing this section.

Any form of community or individual service performed by a participant can be applied to the required hours of practical service including all service hours performed to fulfil brigade requirements (public duty, work with seniors, in hospitals and training younger cadets):

Bronze	- minimum of 15 hours over a minimum of 6 months
Silver	- minimum of 30 hours over a minimum of 6 months
Direct Silver	- minimum of 45 hours over a minimum of 12 months
Gold	- minimum of 60 hours over a minimum of 12 months
Direct Gold	- minimum of 90 hours over a minimum of 18 months

Please note that only 1/3 of your total service hours can be accumulated over an intense service project such as volunteering at a camp or special event.

Up to 1/3 of the total service hours can be accumulated through training such as first aid courses and lifesaving courses.

A participant may continue the same service throughout the three levels of the Award (Bronze, Silver, Gold) or they may use a variety of forms of service and service training. Appropriate supervision, briefing and/or training must be given at all stages.

Each participant must keep a log in the Record Book showing the times and brief details of the service given and show an understanding of the need for providing such a service.

Note: the 40 volunteer-hour Ontario high school requirement counts toward the Service Section.

Proficiency Subjects related to Service Section

Category E - Health and Safety

Child Care in the Home/Babysitting

- Could be counted as service training up to 1/3 of the total service hours for the specific Award level, if the course was followed by volunteer babysitting, outside the family situation, fulfilling a service need in the community.

Fire Safety

- Could be counted as service training up to 1/3 of the total service hours for the specific Award level.

Road and Home Safety

- Could be counted as service training up to 1/3 of the total service hours for the specific Award level.

Category F - Community Services

Basic Rescue I – Search & Rescue

- Could be counted as service training up to 1/3 of the total service hours for the specific Award level.

Basic Rescue II – Technical

- Could be counted as service training up to 1/3 of the total service hours for the specific Award level.

Flight Safety

- Could be counted as service training up to 1/3 of the total service hours for the specific Award level.

Voluntary Service

- The 36 hours carried out for this proficiency subject could be counted as service hours at any level of the Award.

Basic First Aid Course Leader

- The time spent assisting with, and leading, Lifesaver Courses (as a volunteer) would count towards hours of service.

Expedition/Explorations Section – Duke of Edinburgh’s Award

The goal of this section is to develop self-reliance by undertaking an interesting journey of discovery and to encourage young people to develop an awareness of the natural environment, and the importance of protecting it.

Each participant must undergo appropriate training, including safety precautions, carry out a practice journey(s), and complete an expedition, exploration or adventurous project having some preconceived purpose of discovery. The journey should present a challenge in terms of physical effort and fulfilment of its purpose. The expedition group must be no less than three people and no more than seven. If a group is larger than seven it should be broken into smaller groups for the duration of the expedition.

The minimum duration of the journey and the amount of time spent each day on planned activities varies:

Bronze - 2 days and 1 night and 6 hours per day of activity.

Silver - 3 days and 2 nights and 7 hours per day of activity.

Gold - 4 days and 3 nights and 8 hours per day of activity.

Refer to the participant’s Record Book for suggested distances for various modes of travel.

Individual reports (logs) are *required* of all participants and are to be submitted for assessment along with their record book on completion of the Award level. The Participant’s Record Book provides guidelines for preparing the reports.

There are three types of journey that can be undertaken:

Expeditions (e.g. hiking, canoeing, cycling, etc.)

A journey where participants stay at a different campsite each night. This journey may have one of many different purposes. For expeditions, the required hours of planned activity are to be spent on journeying, navigating and route finding, setting up and striking camp, and on tasks related to the purpose of the expedition.

Explorations (Silver or Gold only)

A journey where participants may make use of a base camp, as long as their purpose involves some form of study. This may be the study of some aspect of the natural environment (flora, fauna, landforms, etc.), or it may be historic in nature. All explorations are to include an element of journeying and, in every case, at least ten hours is to be spent in this way. The remainder of the time is to be spent on the approved investigation or special activity. An exploration must involve pre-journey research or study into the topic, an on-site study during the journey, and a report on the findings contained in the log. All explorations require prior approval from your local Award office.

Adventurous Project (Silver and Gold only)

A journey which does not fit the description of expedition or exploration exactly, or which may be a combination of the two. An Adventurous Project must be discussed with the Provincial Director and approved on an individual basis. This is generally used by participants who would not find an expedition or exploration challenging enough or by participants who, for medical reasons, could not do either an expedition or exploration. All adventurous projects require prior approval from your local Award office.

Proficiency Subjects related to Expedition/Explorations Section

Category C - Outdoor Activities

Camping

- Items 2) and 3) could be applied to the food and cooking section of the expedition training required at any Award level.
- Items 4) and 5) could be used for the first aid training required.
- The 14 days required for this proficiency subject carried out within 2 years could be used as practice journeys or for qualifying expeditions provided the restrictions set out in the paragraphs above are followed (for greater detail see the Participant's Record Book)

Recreational Boating

- Could provide some training for a canoe expedition. Depending on the ability of the group and the difficulty of the trip planned, additional training may be required.

Map Using

- This could satisfy the Map and Compass training required at any Award level.

Environmental Awareness

- Any of the subjects could be used as a topic area for an exploration.

Voyageur

- This could be a practice journey for any Award level canoe expedition, or a SJA member could use this as a Bronze expedition if:
 - they have carried out a practice journey,
 - the route planning was carried out by the members,
 - appropriate training was completed (make sure each item under training in the Award Record book is signed and dated),
 - the overnight trip involved at least 6 hours of planned activity each day (journeying, navigating and route finding, setting up and striking camp and on tasks related to the purpose of the expedition),
 - the log followed the outline in the Participant's Record Book.

Wilderness Survival

- This could provide useful training for any expedition.

Skills Section – Duke of Edinburgh’s Award

The skills section of The Award covers a wide range of activities that can be found within the different Proficiency Subjects and awards in the Grand Priors programme. The object of the Skills Section is to stimulate young people to take up and persevere at a hobby or interest topic within a wide range of practical, social and cultural activities.

The skill can be a continuing and progressive interest in an activity such as stamp collecting, fishing or playing a musical instrument, a study of a topic of personal interest to the participant such as fashion, relationships or money matters, or a definite task to be completed such as making simple pieces of furniture or building a boat. In addition to developing skills, participation should lead to contact with experienced people. This may be through membership in a club or group, or through the wealth of individual expertise available in a community.

A young person is required to display individual progress and sustained interest over a period of time leading to a deeper knowledge of the subject and the attainment of a reasonable degree of skill. The number of hours to be spent on the chosen skill is not specified but there must be regular effort during leisure time throughout the period.

Bronze	- over a minimum of 6 months
Silver	- over a minimum of 6 months
Direct Silver	- over a minimum of 12 months
Gold	- over a minimum of 12 months
Direct Gold	- over a minimum of 18 months

Once a participant selects a skill they may continue it for all levels of The Award or it may be changed at each level. If they find part way through a level that they wish to change their skill they may do so once at each level. In order for the following activities or challenges to count for the skill section the skill must be carried out as described in the above paragraph.

Most sporting activities are not considered under Skills, but should be selected for Physical Recreation.

Proficiency Subjects related to Skills Section

Any of the following subjects could be developed into a skill topic for any level of the Award following the evaluations procedures and time restrictions set out in the above paragraphs.

Category B - Hobbies

Astronomy
Collector
Knowledge and Care of Animals
Crafts I & II
Home Repair
Music Appreciation
Music Performance
Visual Media

Category C - Outdoor Activities

Recreational Boating

- Used as part of a navigation skill topic or knot work.

Environmental Awareness

Category E - Health and Safety

Cooking and Nutrition

Category F - Community Services

Casualty Simulation

Citizenship

Multiculturalism

Category G - Communications

Communication with people with Disabilities

- Braille, Blissymbols, or sign language are all good skill selections.

Interpretership

- Used as part of a language skill.

Radio Communications

Journalism

- Used as part of a writing skill selection.

Computer Literacy

Computer Technology

Creative Writing

Fitness Section – Duke of Edinburgh’s Award

The purpose of this section is to encourage participation in physical activity, provide an opportunity to improve performance, and learn to appreciate physical fitness as an important component of a healthy lifestyle. Although the degree of training and leadership provided to each participant may differ, each person should demonstrate improved performance over the required time through a variety of activities.

To qualify, a participant must participate in one or more physical activities for a minimum of fifteen weeks and log the minimum number of hours for each Award.

Bronze - 30 hours over a minimum of 15 weeks

Silver - 40 hours over a minimum of 20 weeks

Gold - 50 hours over a minimum of 25 weeks

Not more than two hours may be counted per week. At the Silver and Gold levels each participant must try at least one new fitness activity for each of the two levels.

Proficiency Subjects related to Fitness Section

Any of the following subjects or combination of subjects could be used to accumulate fitness hours for any level of the Award, following the restrictions set out in the above paragraphs. Each SJA member would need to keep the fitness log in their Award Record Book up to date showing activities and hours.

Category D - Sports & Physical Fitness

Individual Sports

Physical Fitness

Swimming and Life Saving From The Water

Swimming and Water Safety

Team Sports

Not physical education classes, however school teams and intramurals do count

Residential Project – Duke of Edinburgh’s Award

The goal of this section is to develop social adaptability through involvement with others in a group setting. The intent is to involve young people in a planned project or training in the company of their peers who are not the usual everyday companions, with whom, they live or work.

The residential project must be for 4 nights, 5 days or two weekends (four nights away) of related training or experience within a 12-month period.

The project should provide opportunities to develop maturity and to accept responsibility. The activities undertaken are to provide opportunities for broadening the interests and experience of participants. They may be related to those being followed in other sections of the Programme and may form part of the appropriate programme or training - with the sole exception of the qualifying journey in the Expeditions/Exploration section. Others taking part in the residential project should not include more than a minority of the young person's usual companions in school, work or youth groups.

Any participant regardless of the Award level they are working on may use any residential training course to qualify for this section as long as the restrictions in the above paragraph are followed and the length of time is appropriate.

EXAMPLES OF PROJECTS:

Terry Fox Centre – Encounters with Canada
School Exchange Trips
Provincial/National Sport Camps or Training Schools
Language Immersions
National/International Scout or Guide Jamborees
Religious Conference
Music Camps or Festivals
Outward Bound Courses
Overseas Assignments (e.g. CUSO, Youth Challenge International)

Award Opportunities for St. John Ambulance Leaders

Any member of SJA active as a leader may take part in the Award Programme either on their own or with the SJA Unit they are associated with if they are less than 25 years of age. Using this booklet will help identify the programme areas that can be counted toward the Award Programme. For example, time given to a SJA Unit can count toward the required hours of service and training undertaken (e.g. Administration) can count as training for service (up to 1/3 of the total service time). Expeditions, Skills, and Fitness activities could also be accomplished through involvement as a leader.

Leader Recognition

Adults who help with the Duke of Edinburgh’s Award Programme are recognized for their time, energy and effort through D of E. Leader Awards.