

Avoca Beach Surf Life Saving Club

DUKE OF EDINBURGH'S AWARD

Dear Parent(s),

The Duke of Edinburgh's Award is now being offered through *Avoca Beach Surf Life Saving Club* to all members who are in the U14 to U17 age groups this year.. The Award is a non-competitive program of community, practical, adventurous and physical activities embracing the four sections of Service, Skills, Expeditions and Physical Recreation. These activities provide an opportunity for students to acquire and develop skills, initiative and self-esteem which will help them become more confident members of the community. Participation in the Award is highly regarded by many employers and organisations.

Participants, in conjunction with adult helpers, devise an individual program of activities which is flexible enough to satisfy their enthusiasm and meet their aptitudes, capabilities and available resources.

There are three levels of Award: Bronze, Silver and Gold. In this first offering at our club, all participants will be attempting the Bronze Award. Upon achievement of the Award participants may then elect to attempt higher Award levels if they wish.

Please consider all the information carefully with your son or daughter. As you will soon see, the onus is very much on the participant to devise a program, determine its suitability and feasibility, organise instructors/ assessors and progress accordingly. We expect strong interest in participating in the program and numbers may need to be limited. Preference will be given to those club members who have shown initiative and commitment by preparing a "proposal" for participation and submitting it when they hand in the permission slip and money. Cost of the program is \$55 per participant.

We hope your son or daughter will take advantage of this opportunity to join the Award. There is no such thing as failure in the Award program. Even if an Award is not attained, just being involved brings new friends, new knowledge and new adventures that are above all enjoyable. If a decision is made to attempt the Award please complete the preliminary permission slip below and return as soon as possible.

I will be on holidays from the 23rd September through to the 22nd October, but will organise an information meeting to be held towards the end of October to explain more about the program and to answer any concerns you may have.

If you have any questions please email me at jacksobj@tpg.com.au and I will respond as quickly as I can.

Yours faithfully,

Brian Jackson (DOE Co-ordinator)

PREPARING AN AWARD PROGRAM

Information for prospective participants

The basis of any of the Awards in the Duke of Edinburgh's Award is a program of activities which offers participants a suitable challenge that satisfies their enthusiasm and that is of adequate variety to hold their interests.

Through flexibility of the Award, all participants, in conjunction with adult assistants, devise a program of activities to meet their needs, capabilities and aptitudes whilst utilising available resources.

As a guide, the activities chosen should:

- be available and accessible
- be challenging
- build on to existing skills or develop meaningful experiences
- be able to be undertaken with the view that the minimum requirements and conditions of the Sections will be attained.

Devising an individual program designed to meet specific needs and unique aspirations is the most basic requirement of the Award program. Activities in the four sections are intended to complement each other and so provide a balanced and/or diverse program reflecting different aspects of each participant's development. Surf Life Saving has provided some guidelines (see Attachment A). There are a number of Skills and Physical Recreation activities outside of Surf Life Saving that you may choose if you wish, (have a look at the Duke of Edinburgh website for more details - <http://www.dukeofednsw.au.com/index.html>). Community Service will be Surf Life Saving, and the expedition will be a small group activity (4-8 participants, plus adult supervision).

Initial guidance by the Co-ordinator is vital to the successful start of an Award. Identifying the individual needs, motives and capabilities of each participant will assist the Co-ordinator to determine how much on-going encouragement and direct assistance will be required.

In devising a program you need to ask yourself the following questions:

1. Will I be participating regularly and showing effort?
2. Will this activity broaden my experiences and skills?
3. Is the program predetermined and has it an objective (a goal)?
4. Will the activity be personally challenging for me?
5. Can the conditions and requirements be met? (may need to check this with Co-ordinator)

I, _____ give permission for my son/daughter, _____
to begin participation in the Duke of Edinburgh's Award at *Avoca Beach Surf Life Saving Club*. Please find enclosed \$55 amount to cover Record Book, insurance and some group expedition equipment.

Date: _____ Signed: _____

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PROPOSAL FOR PARTICIPATION

Name: _____ Age Group _____

Address: _____

Phone number: _____ Date of birth: _____ Age: _____

SERVICE

Proposed activity: Surf Life Saving

Previous experience (if any): _____

Current level of participation/ achievement (if applicable): _____

Instructor/ Assessor details (your Patrol captain):

Name: _____ Contact details: _____

Position/ qualifications/ experience: Patrol Captain

_____ Signature: _____

SKILLS

Proposed activity: _____

Previous experience (if any): _____

Current level of participation/ achievement (if applicable): _____

Instructor/ Assessor details:

Name: _____ Contact details: _____

Position/ qualifications/ experience: _____

_____ Signature: _____

PROPOSAL FOR PARTICIPATION

(cont)

EXPEDITION

This section will be organised by the Co-ordinator.

Expeditions are "backpacking" camps - no shops, cars, showers or toilets! Mode of transport may be bush-walking, kayaking/canoeing, cycling, rowing, boating, etc..

Training and experience to be undertaken on some school afternoons and on weekends and holidays. Training will include: navigation, equipment/clothing selection and use, menu planning, route planning and first aid/ emergency procedures.

Only very basic equipment/ clothing is required, but you need to be able to get hold of :

- a basic backpack
- sleeping bag (for Summer/Autumn conditions)
- tent (shared between 2-3)
- raincoat

Expeditions will generally be of 1-2 nights and will be set at an appropriate level of challenge for your expedition group (4-8 "Dukes"). Adult supervision will be arranged, but the primary aim of the expedition is for the **participants** to plan, prepare and undertake an overnight adventurous journey, in an unfamiliar remote environment, to encourage a spirit of discovery.

*Please list any special medical considerations for expeditions (remember- you will be isolated from normal medical aid)_____

PHYSICAL RECREATION

Proposed activity: _____

Previous experience (if any): _____

Current level of participation/ achievement (if applicable): _____

Instructor/ Assessor details:

Name: _____ Contact details: _____

Position/ qualifications/ experience: _____

Signature: _____