

DUKE OF ED / SLS ACTIVITY MAPPING

AWARD SECTION	FOCUS	SLS CLUB EXAMPLE ACTIVITIES
VOLUNTARY SERVICE	Giving back to the community without pay.	▪ Beach Patrols: Regular rostered or volunteer patrol hours at any club ▪ Water Safety: Providing water safety for Nippers or at carnivals ▪ Age Manager / Age Manager Assistant: Mentoring and leading Nipper Age Groups ▪ Club Committee: Youth representative roles or sub-committee participation ▪ Club volunteering: BBQ duties, open day, club award night, youth social activities ▪ Environment: Organising or participating in beach clean-ups e.g. Take 3 for the sea
PHYSICAL RECREATION	Improving health, fitness, and physical performance.	▪ Surf Sports Training: Regular board, ski, swim or beach sessions ▪ Surf Boat Rowing / IRB competition or Pool Rescue training: Regular crew training and competition. ▪ Ocean Swimming: Participation in regular club swims ▪ General Fitness: Gym sessions or cross-training held at the club or other venue ▪ You can even do this training on patrols!
SKILLS	Developing a personal interest or technical talent.	▪ Core Awards: Bronze Medallion, UAV Pilot, SRC, Radio or First Aid (the learning/theory hours). ▪ Advanced Awards: Training for Silver Medallion (IRB Driver/Basic Patrol Command) ▪ Advanced Resuscitation: (Advanced Resuscitation). ▪ Officiating: Learning the rules to officiate at carnival (there is a new Youth Official Course out now)! ▪ Online learning: The SLS eLearning platform has HEAPS of online training (disability modules, child safe training, volunteer leadership courses, communications)
ADVENTUROUS JOURNEY	A team challenge in an unfamiliar environment	▪ Coastal Treks: A multi-day hike along a coastline or between two surf clubs ▪ Paddle Expeditions: A planned, multi-day board/ski or kayak between beaches with overnight camping ▪ Training Camps that have an exploration or research focus ▪ Patrol Swap weekend: Travel to another beach, stay overnight and patrol / train / support nippers

DUKE OF ED TIME REQUIREMENTS

The Duke of Edinburgh Award is flexible and can fit around your existing Surf Life Saving activities.

Members complete three sections – Voluntary Service, Physical Recreation and Skills – at the same time, with around one hour per week for each section.

The table below outlines the minimum time requirements for each Award level.

	LEVEL	AGE	VOLUNTARY SERVICE	PHYSICAL RECREATION	SKILLS	ADVENTUROUS JOURNEY	RESIDENTIAL PROJECT
	BRONZE	13+	3 months	3 months	3 months	2 days / 1 night	N/A
			Averaging 1 hour per week in each of the 3 Sections.				
	SILVER	15+	6 months	6 months	6 months	3 days / 2 nights for both the Practice and Qualifying Journeys	N/A
			Averaging 1 hour per week in each of the 3 Sections. Plus an additional 6 months for one Section if Bronze Level is not completed				
	GOLD	16+	12 months	12 months	12 months	4 days / 3 nights for both the Practice and Qualifying Journeys	5 days / 4 night for Residential Project
			Averaging 1 hour per week in each of the 3 Sections. Plus an additional 6 months for one Section if Silver Level is not completed				

The Adventurous Journey

The Adventurous Journey requires additional time for planning, training and completing the expedition. Depending on the Award level, members should allow several days for preparation and the journey itself. It is often one of the most rewarding and memorable parts of the Duke of Edinburgh Award. See the SLS Activity Mapping overleaf for some Adventurous Journey suggestions.

DID YOU KNOW?

Members can complete their Duke of Ed Bronze during a single patrol season.