

Award Level	Service	Expeditions & Explorations	Skills	Physical Fitness
<p>Bronze</p> <p>Minimum age to start 14.</p> <p>Maximum age to finish 25.</p> <p>Qualify in four sections as indicated.</p>	<p>Choose one or more forms of service, undertake training, and give practical service to others. A minimum of 15 hours of service over a period of 6 months.</p>	<p>Undertake basic training, carry out a practice journey, and then complete an Expedition OR an Exploration. A minimum of two days out is required including one night camping, and an average of 6 hours activity a day.</p>	<p>Follow a Skills programme for a minimum of 6 months. Activity may be changed once during this period.</p>	<p>Take part in physical activities and benefit from participation, effort, and improvement. A minimum of 30 hours of activity over a period of 15 weeks is required.</p>
<p>Silver</p> <p>Minimum age to start 15.</p> <p>Maximum age to finish 25.</p> <p>Qualify in four sections as indicated.</p>	<p>Choose one or more forms of service, undertake training, and give practical service to others. A minimum of 30 hours of service over a period of 6 months for those who have achieved their Bronze Award; 45 hours over 12 months for direct Silver entrants.</p>	<p>Undertake basic training, carry out a practice journey, and then complete an Expedition OR an Exploration, OR and Adventurous Project. A minimum of three days out is required including two nights camping, and an average of 7 hours activity a day.</p>	<p>Follow a Skills programme for a minimum of 6 months for those who have achieved their Bronze Award, 12 months for direct Silver entrants. Activity may be changed once during this period.</p>	<p>Take part in physical activities and benefit from participation, effort, and improvement. A minimum of 40 hours of activity over a period of 20 weeks is required.</p>
<p>Gold</p> <p>Minimum age to start 16.</p> <p>Maximum age to finish 25.</p> <p>Qualify in four sections as indicated & complete the Residential Qualification*.</p>	<p>Choose one or more forms of service, undertake training, and give practical service to others. A minimum of 60 hours of service over a period of 12 months for those who have achieved their Silver Award; 90 hours over 18 months for direct Gold entrants.</p>	<p>Undertake basic training, carry out a practice journey, and then complete an Expedition OR an Exploration, OR and Adventurous Project. A minimum of four days out is required including three nights camping, and an average of 8 hours activity a day.</p>	<p>Follow a Skills programme for a minimum of 12 months for those who have achieved their Silver Award, 18 months for direct Gold entrants. Activity may be changed once during this period.</p>	<p>Take part in physical activities and benefit from participation, effort, and improvement. A minimum of 50 hours of activity over a period of 25 weeks is required.</p>
<p>Examples</p>	<p>Voluntary work with seniors, youth, disabled, homeless groups, etc. School activities with peers, student council, yearbook, etc.</p>	<p>Expedition: Bicycle, canoe, hike, horseback, snowshoe, etc.; Exploration: should be of an environmental or historic nature.</p>	<p>Music, computers, crafts, graphic arts, life skills, collections, model building, etc. (May not be a physical activity.)</p>	<p>Individual or team activities. Soccer, karate, fencing, swimming, hockey, basketball, ballet, etc.</p>

Note: You must be registered with your Divisional Office before starting on the programme.

* **Residential Project** (May be undertaken at any time, but must be submitted at **Gold**): Undertake some shared activity in the company of their peers, either through voluntary service or training away from home over a period of not less than 5 consecutive days (4 nights away). *Examples: Youth leadership training courses; Outward bound & similar courses; voluntary help at homes, centres, or camps; work with disadvantaged children or seniors; school exchanges, church courses, etc.*