HELSTON
COMMUNITY COLLEGE

Duke of Edinburgh Award

At Helston Community College

BRONZE

Your journey starts here



HCC Duke of Edinburgh Award Team

Mr D Semmons
The DofE Award Manager & Expedition Safety Supervisor
eDofE Support Help
Bronze, Silver & Gold DofE Assessor
Walking Leader Qualifications with Camping Endorsement
First Aid Outdoors (Mountain Medicine) Located on South Site next to A2.

We also have a number of Volunteers and Assessors who help with training and expeditions. These people have an enhanced DBS check and have completed their safeguarding training to allow them to work with your child.

Why do the DofE Award?

The Duke of Edinburgh's Award, is a youth award programme founded in the United Kingdom in 1956 by Prince Philip, the Duke of Edinburgh. It was set up for an organisation called the boys brigade. Since then it has grown to become an international Award which is tailored to each individual.

It allows the participant to demonstrate and prove their skills and abilities giving some the chance to overcome challenges. They have opportunities to help others or the environment. They will become more confident, motivated and self-sufficient, all of which will help any in any future employment or when applying to colleges or universities.

Completion of the Award will look good on a CV.

Your child will push themselves beyond what they thought they were capable of and along the way will make new friends or even build on existing relationships.



Duke of Edinburgh Award Guiding principles

Non-competitive
Achievable by all
Voluntary
Personal development
Personalised
Balanced
Achievement focused
Requires 100% commitment

It must be fun and enjoyable

You play a vital support role in their Dofe journey and in this booklet you will find out how the Award levels work, why they are so important and what you can do to support your child make the most of this fantastic opportunity.

Sections and timescales

For your Bronze programme there are four sections to complete:

Volunteering

This is all about getting out there and making a difference by helping others, the environment or your local community.

Physical

This is a chance to focus on your health and fitness.
E.g. Play football, start climbing or have dance classes.

Skills

Discover something that you're good at.
Maybe you can get better at something you already do, or learn something new.

Expedition

As part of a small team, you'll have an unforgettable experience getting to grips with the great outdoors. You will plan and train ready for an adventurous journey.



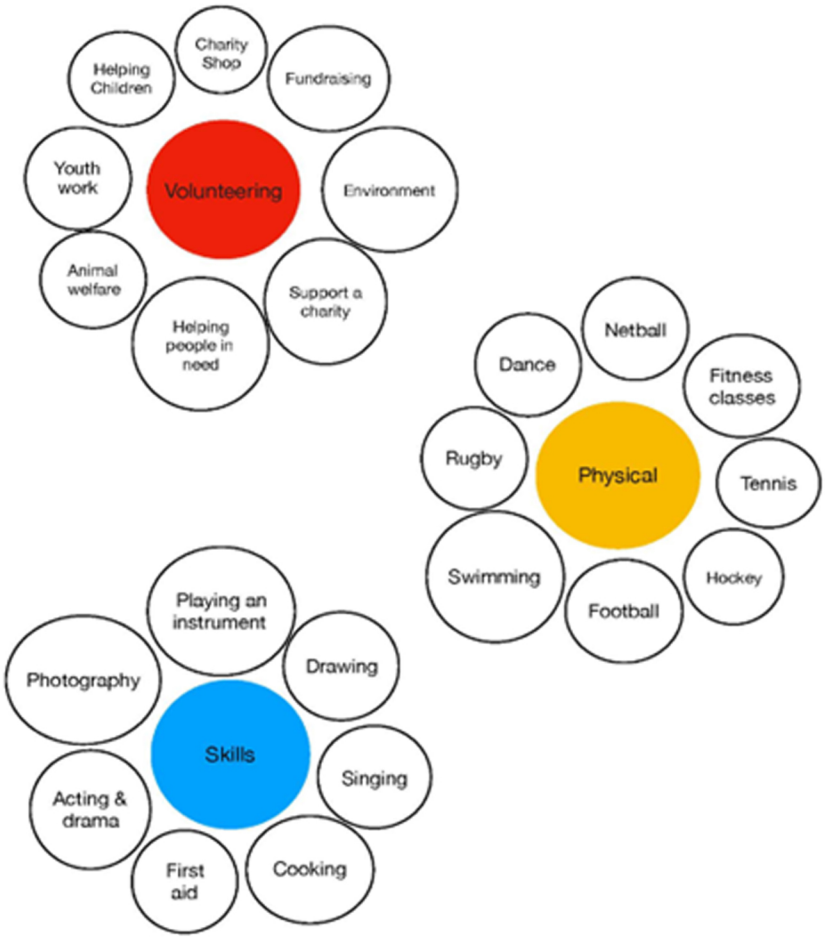
You need to do an activity for each of the sections below, over a set amount of time, to achieve your Bronze Award:



Plus a further 13 weeks in either the Volunteering, Physical or Skills section.
In total it will take 26 weeks to complete all three sections.
The Duke of Edinburgh Award is run across three Levels at Helston Community College.

Bronze (aged 13+ Year 9)
Silver (aged 14+ Year 10)
Gold (aged 16+ Year 11 and 12)

Please note activities and timescales for Silver and Gold will differ from Bronze. Your child can still choose to do either level despite not having participated in a previous level. These details can be discussed with your child before enrolment.



Activity Ideas

Create your own programme by choosing one activity from each section.

Please go to this website for a list of more activity ideas.

https://www.dofe.org/do/ideas/

Activity Rules for Volunteering, Physical & Skill

1 Your child must have two sections ready to start in September to be eligible to take part on the programme. ***No activity is allowed to count until after Monday 21 September and the activity must have been approved by a leader on the eDofE site before your child can start it.*** Participants will be shown how to use this site and will be required to enter the details for their activities at their first couple of training sessions.

2 Each activity will require a person to oversee your child's progress during their time chosen. This person is known as the assessor.

3 The assessor can not be related to the participant, must be 18 and over and Ideally should have an interest in the chosen activity.

4 The participant must liaise with their assessor at the start to set an achievable goal with the aim of helping them accomplish.

5 Activities must be completed in the participants own time and can not be done during curriculum lessons, there are exceptions if you pay for private music lessons during your school day.

6 Money can not be paid to the participant, for doing their activities. Volunteering can not take place in a place of business with the exception of a small profit organisation. This must be discussed with a leader before approval and ***please note it is now illegal for a child under the age of 14 to volunteer or work for a profit-making organisation.***

7 The participant can not sign of an activity in a short period of time it must be spread over the chosen time period to show commitment.

8 Participants need to spend 1 hour a week on each activity. To keep track of how many sessions they have done, a record sheet will be handed to the participant for each section, which will need completing by the participant and must be kept up to date for each session.

9 Participants will be handed a record sheet at the start of their award for each of their activities, these must be handed to Mr Semmons once a term and when ever they are requested and they must be kept up to date, so we can monitor how the participant is progressing with their award.

10 ***The good thing about the DofE award is you can count something you may already be doing or you could start something new as long as it is shown on the list of allowed activities.*** Some of these ideas are in this booklet or for a full list please go to https://www.dofe.org/do/ideas/

11 Some activities can be completed from home instead of at a club or organisation, in this case evidence will need to be collected during each session. This must be uploaded onto the participants eDofE area as they complete the activity unless they are making a scrapbook or similar in which case the evidence will need to be shown to the leader at the end of the activity before the section is accepted as completed. It is imperative it kept up to date throughout the time scale.
If evidence is not shown for an activity completed from home, we will not be allowed to accept this section as completed when the assessors report is recieved.

12 An app such as Strava or Fitbit, must be used for activities such as running or cycling to record the journey for each session. A screen shot of the session will need to be uploaded online to the participants eDofE area following each section. t the end of the time period chosen for an activity, an assessors report will need to be written by the person overseeing the activity and this report will need to be uploaded to the participants eDofE area. It is essential this is done within 2 weeks of finishing the activity.



Our behaviour rules and expectations

Running the DofE Award is not our main job at Helston Community College and those that assist in delivering the award are volunteers.

We ask that all participants remain 100% committed to their award.

We do not tolerate silly behaviour or accept bullying to a fellow participant, if we find this is happening, this person will be removed from the award.

Participants must listen and follow all instructions. If we find this is not happening we will contact home and if it continues, we reserve the right to remove the participant from taking part.

We follow the same behaviour system as in College such as the 'warn, move, remove' system. We are also able to issue negative and positive praise points via Class Charts and issue detentions. In addition:

Participants must keep their record sheets and online profiles up to date, including getting their assessor to write their reports by no later than two weeks after finishing a section. If there is a problem completing this, the participant must inform their leader.

If the participant does not keep their award up to date we will hold them from taking part on their expeditions as planned.

Required - we ask that your child does not attend sport fixtures or any other clubs instead of their DofE training sessions.

If any training is missed due to illness, it is the participants responsibility to find their leader when they return back to school to arrange a time to catch up. If a participant misses sessions consistently, we will hold the participant from taking part on the expeditions due to health and safety.





eDofE Website

When a participant signs up to do their DofE Award, they will receive a welcome pack and booklet explaining the Award including a list of activities and a login for a site called: https://www.edofe.org

eDofE, is a site designed for the participant to log their activities with DofE Head Office and makes it easier for a leader to manage the participants award electronically.

The participant can also do the following;

- ***Upload evidence to each of their sections in various formats.***
- ***Communicate with their leader to ask questions.***

Everything the participant uploads or inputs into this site, does require the leader to accept it before it can go live.

An assessor report will need to be uploaded to each of the sections at the end of the time period chosen for the activity to be completed online and this must be done within two weeks of completing a section.

This site is an integral part of the participants Award and if we find the participant is not keeping up to date with this system or with their paperwork, we reserve the right to hold the participant from taking part on their planned expeditions.

This system is accessible from any web browser, on a phone, computer or tablet.

If you have a smart phone, download the eDofe app to record your progress on the go.

The DofE has already helped millions of young people to learn, grow and stand out from the crowd and now its' your child's turn.

See what top UK employers say about the DofE award at https://www.dofe.org/lifezone.







Training and expedition section

Bronze DofE Dates

All training will take place in the South Site Hall, unless told otherwise by a leader.

Friday 10 July 2026 (**enrolment form to be completed online and the first payment needs to be paid on Parent Pay by the date given in this booklet**)

Monday 21 September 2026, 3.30 pm - 4.30 pm (**Introduction to DofE Session**)

Expedition Dates

Bronze training expedition, Friday 25 - Saturday 26 June 2027. (**finish Saturday morning**)
Bronze assessed expedition, Friday 17 - Saturday 18 September 2027.

Please can you check these expedition dates, for your child's availability before you enrol them onto the award to avoid any issues.

Expedition Training

Participants will need to complete their training to complete a two day walking expedition, in a coastal and countryside environment. A one day walk and overnight camp, on a campsite will be completed as a training expedition to prepare the participants before undertaking an assessed expedition.

The training required to do these expeditions will be:

Countryside code.
Basic map reading and navigation skills.
Understanding a route card.
Basic first aid.
Camp craft skills.
Expedition kit requirements and how to pack a rucksack.
Expedition food and cooking.
Emergency procedures.

Saturday 19 June 2027, 8.00 am - 4.30 pm (**Bronze Expedition Training Session**)



Supervision during expeditions

During the expeditions, we remotely supervise each team taking part. We will see participants during the day to give water and check on their health and wellbeing and we will remain in the area your child is walking in, so if we are needed we can step in quickly to assist. We do stay on the campsite overnight with your children.

Expedition Kit

Your child will be required to carry all their kit in a rucksack, a list is available in this booklet, and will be added to a google classroom. We advise participants to borrow kit where possible.

A voucher is available from your child's eDofE app which they can download and use in most camping stores. Or online Most stores give 10% - 15% discount for DofE participants, most stores may ask to see your child's app as proof before the sale is made.

We do have a DofE kit store at the College with limited amount of tents and stoves which we can hire out for a small fee. These will need to be booked and paid for before the expedition, further details of the procedure to do this will be sent out near to date of your child's expeditions.

Kit List

Participants will have a full kit inspection for the practice expedition as well as the assessed expedition.

Rucksacks must be packed as it would be on the day of the expedition and by the participant.

If your child turns up to a kit inspection without kit to be inspected they will be asked to leave the inspection.

Any question about the kit list, please contact Mr Semmons, DofE Award Manager.

- 65 litre rucksack with adjustable straps for comfort. It should have a rain cover to keep the bag dry.
- Walking Boots with ankle support. Please make sure they are worn in before the expedition to prevent possible blisters.
- 2 x cotton T-Shirts or breathable ones.
- 1 x fleece Micro ones are best (no jumpers/hoodies due to size and weight).
- 2 x walking trousers or leggings from a walking/camp store. (no jeans/jeggings or shorts but shorts are allowed to be worn at the campsite).
- 4 pairs of walking socks.
- Waterproof jacket with hood (pac a mac's are allowed at bronze level only).
- Waterproof Over Trousers. These will keep your walking trousers dry when it is raining.
- Woolley hat.
- Sun hat.
- Waterproof gloves.
- Sunglasses (optional).
- Walking gaiters (optional).



Emergency items

- Whistle.
- Pencil and notebook .
- Torch or head torch with spare batteries.
- 2 x solid 1 litre water bottles or a 2l hydration bladder. (No plastic shop bought water bottles are allowed).
- Expedition food (a menu will be required to be filled in prior to the expedition, food will not need to be shown at the kit check) .

Group Items

- 2 x mobile phones (only for emergency use only - they will be sealed in a bag, taped and handed back to your child).
- A group first aid kit (this will be supplied by us but your child will be asked to bring invidual items, a list will be given to your child to bring before the expedition).
- 2 - 3 man tent. (divided between those sharing it).
- Portable stove e.g. Trangia - only self sealing gas or methylated spirit/gel burner stoves are allowed. We can supply gas for the expeditions only.
- Brillo washing up pads - essential to clean plates and pans.
- Tea towel .
- Spare plastic bags to collect rubbish .
- Travel alarm clock (students responsibility to wake the group in the morning).
- A bottle of sun cream .
- 2 x watches .

Camping and Personal Items

- Sleeping bag in a rubble bag (the warmer the better, as temperatures drop at night, you can also bring a liner if you need one).
- Sleeping roll mat (inflatable advised for comfort, if using a foam mat, this must be wrapped in a rubble bag/thick black bag).
- Plate, mug, cutlery or spork (preferably plastic or metal).
- A box of matches and a lighter for backup per stove in the group.
- Personal hygiene wash gear (small travel items are advised and a micro towel may be included if your child wishes to have a shower).

This kit list is only an example of the kit your child will be expected to have. A official list will be given out during your child's award that may be different.

Rucksacks must be lined with a liner or rubble bag. Inside this, all items should be grouped, wrapped and sealed using rubble bags, freezers bags or dry sacks, *black bin liners and shopping bags are not allowed.*

Payments

After we have received your child's enrolment form, we will pass your child's name to our Accounts department to set up their names onto the Parent Pay system for the Bronze DofE and so it is ready for you to make the first payment, which is due by Friday 10 July 2026.

If we do not receive payment for your child by the first payment date, we will unfortunately remove your child's name from taking part.

If you need help with using Parent Pay, please do not hesitate to contact our Accounts department at the College.

Please note all payments are non refundable.

Bronze DofE, Payment dates 2026 - 2027

Friday 10 July 2026 - £60
Monday 3 May 2027 - £60

If you find you are unable to make a payment for any reason, please contact Mr Semmons.

At Helston Community College, we aim to be as equitable as possible. There could be funding available for households who require assistance, subject to review. If you think you may be eligible for funding, please contact Mr D Semmons.

Francesca's Story

"I have learnt more about myself from being on DofE expeditions than any other course I have been on. I still smile thinking about the times I spent on Bronze, Silver and Gold expeditions - the memories are so precious to me.

The DofE requirement for skills steered me towards volunteering as a teacher, learning Archery, and for my residential (Gold Award) I travelled to Peru for a month to help rural communities, before trekking to Machu Picchu and Lake Titicaca. I have made life long friends and some special memories.

I have always wanted to be an actor and knowing my strengths and weaknesses from challenges like DofE made me grow as a person; I now understand myself better. My Gold Award Ceremony was a truly special event and it was an honour. Another honour was meeting Russell Tovey, our guest speaker, who gave me many tips on how to thrive in the acting world."



Thom's Story

"Duke of Edinburgh has provided me with countless opportunities which, I hope, has shaped me into a young person I can look back on and be proud of. Is this cliché? Of course. But am I just embellishing Duke of Edinburgh? Not in the slightest.



Duke of Edinburgh was always sold, to me at least, as something universities and employers appreciate and expect from young people. However, Duke of Edinburgh is so much more than an personal statement project.

The ideals of the scheme is to identify and personalise it to be one of kind, to gain experiences which you'll look back on fondly and cherish. By choosing activities that may have first seemed unachievable, prospective employers will hold you in high regard for setting yourself the challenge and strengthening your skill base, not simply choosing the easy route to collect a certificate at the end.

The scheme incentivises and encourages you to challenge yourself to take opportunities, for example scuba diving qualifications, Dartmoor expeditions and completing a residential abroad; these experiences have provided me with immense pride and satisfaction. This alone is why you should participate in the Duke of Edinburgh scheme; for unbelievable experiences which will never leave your side."

Contact Us

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For further information, please visit https://www.dofe.org

HELSTON COMMUNITY COLLEGE

Truro and Penwith Academy Trust

