

Award activity ideas – COVID-19

This document is a guide to help you choose no contact Duke of Ed Award activities. You should discuss your planned activities with your parents (if under the age of 18years), and your Award Leader to ensure they meet the Award requirements.

Checking with your Award Leader can be done remotely via email or telephone for example. If you are not sure if an activity is suitable, please contact the Queensland Award Operating Authority (AOA) on qld.award.office@qed.qld.gov.au to check.

Please note: all activities need to be pre-approved by your Award Leader on the Online Record Book (ORB) before you can start logging hours. Read the ORB user guides (<https://dukeofed.com.au/online-record-book-next-generation/>) for more information on this process.

Given the fast evolving nature of COVID-19, participants and Award Leaders should adhere to federal and state government advice regarding COVID-19 and social distancing when choosing and undertaking activities. Queensland Government advice can be found here: <https://www.qld.gov.au/health/conditions/health-alerts>.

Changing Section activities

In many situations participants will be able to keep doing the same activities with some adjustments to how they check in with their Assessor (e.g. Skype or via videos and photos) however, in some cases they may need to get creative and change activities and Assessors.

There are a multitude of reasons why a participant might change an Award activity in a Section. While it is preferable a young person progressing through the Award picks an activity and sticks with it, pragmatic and practical solutions should apply in certain situations. Award Leaders should always discuss the appropriateness of changing activities with their participants.

For more information, please refer to the Award Handbook, available from <http://www.dukeofed.com.au/resource/handbook/> or the Queensland website <http://www.dukesaward.qld.gov.au>

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Skills

Progress towards the Skills Section is something that can easily be done from home. If the participant is learning a musical instrument, a new language, cooking new recipes, designing software or creating art, or many other activities, chances are they have all the tools they need at home to continue working towards their goal.

They can get in contact with their Award Leader to help them find some activities that can be done from home, or alternatively they can look online to find tutorials to help continue their progress towards that skill. Once they have found some suitable activities that can be done at home, participants are encouraged to take photos or videos of the activity so they can show their Assessor the progress they have made. They can upload these photos or videos directly to the Online Record Book (ORB) when making their weekly logs.

Here's a list of some Skills ideas. If you are unsure that the activity you wish to do is suitable, please contact the Award Operating Authority (AOA) to ensure suitability.

- Aircraft recognition
- Amateur radio
- Animal handling
- App design and coding
- Art history (there are virtual tours of the Louvre online!)
- Basket making
- Beekeeping
- Bird watching
- Board or card games
- Card making (perfect for sending to other people isolated at home!)
- Clay modelling
- Contact juggling
- Cooking
- Drawing
- Embroidery
- Foreign languages (there are plenty of online learning tools)
- Furniture making
- Gardening
- Knitting
- Lettering and calligraphy
- Macramé
- Musical instruments
- Origami
- Painting
- Photography
- Reading
- Scrap booking
- Sewing
- Woodwork
- Writing

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Version 01/2020

Physical Recreation

This Section is about improving physical fitness and wellbeing. It is very important to keep this up, especially if participants are restricted to their house. Whatever activity and goal they have chosen for the Physical Recreation Section, there are many ways to continue progressing by doing their own home workouts. Increasing their fitness levels in home workout sessions will undoubtedly contribute to their Physical Recreation goals. There are also more specific targeted exercise programs that can be done from home to specifically develop strength, coordination, reflexes, flexibility or fitness that will contribute to their goal.

Participants can contact their Award Leader to get some ideas, or they can look online to find limitless ideas for home workout sessions to work towards their chosen goal. It's important the participant shows evidence of their progress to their Assessor by uploading any photos, videos or workout plans to their ORB weekly logs.

Here's a list of some Physical Recreation ideas. If you are unsure that the activity you wish to do is suitable, please contact the Award Operating Authority (AOA) to ensure suitability.

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- Aerobics
- Dancing (all forms, if you have the space!)
- Hacky sack
- Home gym
- Horse riding (at home)
- Hula hooping
- Pilates
- Roller blading (not at a rink)
- Running/jogging/walking
- Skateboarding
- Stilt walking
- Swimming (at home)
- Tai Chi
- Tissu/silks
- Trampolining
- Unicycling
- Yoga
- Zumba

Participants can also investigate online streaming classes or YouTube tutorials/workouts

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Voluntary Service

The Voluntary Service Section may appear difficult to complete remotely, especially if the participant has chosen a group project activity with their peers, or if their goal requires them to visit a particular location away from their home.

However, there are always activities that can be done from home that contribute to a participant's overall goal. Remotely working towards a project is possible, as they can start a chat group with their fellow participants and brainstorm activities that can be done at home to continue contributing to the project. Online research, creating brochures for raising awareness or posting helpful things online for the community can all be activities that contribute to a participant's goal.

If a participant is not sure of what activities can be done to contribute to their Voluntary Service Section, then they should contact their Award Leader. The following are some suggestions for activities depending on personal circumstances and government advice in relation to COVID-19.

- Put together care packs of toilet paper, hand sanitiser & other bits for the elderly/disabled/immuno-compromised people
- Writing letters to elderly people, or kids in hospitals, who would be unable to have visitors
- Creating or maintaining a website/social media page for a local charity or community service
- Do an online First aid course (with a view to do the practical FA service later on)
- For those already helping coach/teach – what about doing classes/sessions via Skype or other online video stream?
- Knitting beanies or soft toys for preemie babies
- Knitting scarves/beanies/socks for homeless people
- Knit/sew pouches for injured animals
- Tutoring/mentoring younger students (including Reading Buddies) via Skype/online means
- Making toys or collecting books for disadvantaged children
- Virtual volunteering (do an internet search to find out more)

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Adventurous Journey (AJ) and Gold Residential Project

As the AJ and Gold Residential Project Sections are group activities, they currently are the most challenging Sections to complete.

If a participant already has a team for the AJ, they can keep in contact with their team, Award Leader and Supervisor online using emails or chat group. Researching different areas, route planning and some training can be done as a team remotely.

There are many resources available online with activities to develop a participant's navigation, first aid, environmental awareness and camp craft skills that they can do at home. It is important participants stays in contact with their team, Award Leader and Supervisor so that they can ensure that when their school or organisation reopens and their journeys can resume, they will be more prepared.

Gold level participants can speak to their Award Leader about how they can start planning in detail their Gold Residential Project and potentially reach out to organisations they are keen to support and/or work with for their project.