

Completing your Award during Covid-19

The activity achievement requirements remain exactly the same, however these should be adapted to meet the health advice and guidelines put out by the Government.



Voluntary Service - Give Back | *Ratonga Tūao - Ngā Mahi Rato*

If you have exhausted all opportunities to do Voluntary Service outside of your home during levels 3 and 4 you can volunteer for family members (so long as it is not household chores). Your Award Leader or a family friend will need to be your Assessor for this.



Skills - Find Your Genius | *Ngā Pūkenga - Kitea Ō Pūmanawa*

Many Skills activities can continue at Level 3 and 4. While your Assessor may not be able to see you doing the activity, you can record evidence on your Online Record Book e.g., photos or catchup with your Assessor on the phone, through WhatsApp etc.



Physical Recreation - Break a Sweat | *Ngā Hākinakina - He Whakeheke Werawera*

There are a wide variety of online workouts that you can take part during Level 3 and Level 4. You can also take part in a range of personal workouts e.g., running, cycling and use an app like Map My Run to track your progress. Your Assessor can then review your logs and provide feedback.



Adventurous Journey - Get Wild and Explore | *Haerenga Mātātoa - Kia Rikarika me te Hōpara*

While it may not be possible to complete your Adventurous Journey at Level 3 and Level 4, please talk to your Award Leader about your options including getting a Covid exemption for your Practice Journey, completing your Bronze or Silver Training and Preparation online and at Level 1 and Level 2 alternative options around to how to complete the requirements of this Section.



Gold Residential Project - Leave Your Comfort Zone | *Kaupapa Kāinga - Kia Waewae Kai Kapua*

Please talk to your Award Leader about options for completing this at Levels 2, 3 and 4. It might be possible to complete it across two weekends or online at Level 3 or 4 so long as all other requirements are met.








Unite
against
COVID-19

**Kia kaha, kia maia, kia manawa nui:
Be strong, be brave, be steadfast**

ACTIVITY TEMPLATE DURING COVID-19

Ki te kotahi te kakaho ka whati, ki te kapuia e kore e whati: Alone we can be broken. Standing together, we are invincible.

Apply the appropriate time over the period for the Level participation (indicate level)	 Voluntary Service	 Skills	 Physical Activity	 Adventurous Journey	 Gold Residential
Shop for someone who cannot shop for themselves.					
Phone or Zoom an older person in your community or a family member.					
Tutor a younger sibling.					
Make blankets for the local animal shelter.					
Knit hats for the local hospital's premature babies' unit.					
Pick up litter while walking around your neighbourhood.					
Walk a neighbour's dog (if this can be done in a contactless way).					
Help your Award Leader with Duke of Ed admin					
Support another student who might be struggling with the lockdown					
Tutor another student on Zoom/Teams/Google Meet					
Volunteer for a charity supporting people in need e.g., Eat My Lunch, Soup Kitchen.					
Learn a language e.g., through Duolingo					
Learn to cook					
Paint or draw					
Gardening					
App design and coding					
Make cards (these can be sent to people in isolation)					
Learn or practice mindfulness or meditation					
Practice a musical instrument or study musical theory					
Gaming					
Learn chess online					
Learn or practice yoga or pilates online or through an app					
Go for a walk, run, cycle or jog around your neighbourhood					
Online Zumba or Hit class					
Weights training at home					
Talk to your Award Leader to see if you can complete the Bronze or Silver Training and Preparation online at www.bronzetraining.com					
Talk to your Award Leader to see if you can have a Covid-19 adaptation applied to your Practice Journey.					
Please contact the National Office or your Award Leader if you have an idea for this.					

*You can use more than one activity to make up each of the Award sections