

## EARN YOUR PRE-DoFE BLUE BADGE

If you haven't started your journey towards a Bronze Duke of Edinburgh's Award then the RAFAC *Pre-Duke of Edinburgh's Award Blue Badge* is for you.

Like the other Duke of Edinburgh's Award levels, the blue badge is split into four sections, Expedition, Physical, Skills and Volunteering. The things you need to do to complete each section are listed below.

When you have completed the Pre-DoFE Award you will receive a blue badge for your brassard.

### BEFORE YOU START

- ✓ Get a copy of the **Pre-DoFE Blue Award Remote Activity Log**.
- ✓ Start planning what you need to do to gain your badge.

### THE REMOTE ACTIVITY LOG

- To receive your badge you need to fill in an electronic **Pre-DoFE Blue Award Remote Activity Log**. Your squadron staff can provide you with this.
- Once it is filled in pass it back to your squadron staff who will arrange for you to receive your badge. You may need to wait until your squadron parades again to get it.

### SKILLS SECTION

- To complete this section you must have successfully completed the Pass level mandatory tasks in your First Class Cadet Logbook for **one** of the following:
  - **Principles of Airmanship**
  - **Map Reading**
  - **Basic Radio Communications**
- If you haven't completed any of these yet, take a look at **How To Guide #1** for guidance.
- Record the finish date in your Remote Activity Log.

### EXPEDITION SECTION

- To complete this section you must have successfully completed the Pass level mandatory tasks in your First Class Cadet Logbook for **Initial Expedition Training**. If you haven't done this yet, take a look at **How To Guide #1** for guidance.
- Record the finish date in your Remote Activity Log.

### VOLUNTEERING SECTION

- If you have already taken part in a fundraising, charitable or community event/project since joining your squadron this will fulfil the requirements of this section and you don't need to do anything else.
- If you haven't you will need to complete **six hours** of volunteer work. **Why not try:**

- Planning some remote cadet training.
- Supporting vulnerable community members.
- Helping with squadron social media activity.
- Helping a local charity raise money.
- Record what you did in your Remote Activity Log.

### PHYSICAL SECTION

- Select **three** physical achievement tests from the list below. You should complete as many sets as you can in a minute, unless it says otherwise.
- **Sprint** (in seconds)
- **Ball Speed Bounce** (no. in 30 secs)
- **Sit Up/Trunk Curl**
- **Press Up**
- **Skipping**
- **Single Leg Squat Thrust**
- **Run** (time in minutes)
- Find your baseline score and record this in your log.
- After that, keep practicing and log your results every four weeks. You should improve your score each time.

