

# CADET FORCES ACTIVITY THAT CAN BE USED FOR YOUR AWARD

Cadet Forces activities that meet the requirements of the Award are listed below. Some activities may fit in more than one section. However, you can only count the same activity once. Record the actual time spent on each activity.



## Skills Section

- All Cadet Forces lessons that are not counted towards other Award Sections
- Skills practice e.g. Navigation, Flying, Range Practices, Risk Management



## Voluntary Service

- Teaching lessons and leadership conducted while attending Unit Parades and activities
- Lessons that are training for service including Care of Uniform and First Aid
- Anzac Day, Poppy Day and Remembrance Day preparation and participation
- Other service events, e.g. environmental projects, maintaining war graves, raising funds for charity



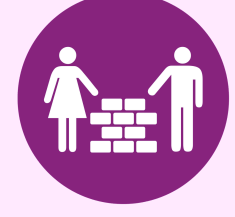
## Physical Recreation

- Physical Training (PT) and Drill lessons and practice
- Any other Physical Recreation activities where you are physically active e.g. running, tramping or water-based activities such as Sailing or Kayaking



## Adventurous Journey

- Training undertaken in preparation for the Adventurous Journey not being counted towards other Award sections e.g. Lessons on Weather, Risk Management, Navigation
- Cadet Forces tramp, bushcraft camp. Sail/water-based camp that meet the Adventurous Journey Requirements



## Gold Residential Project

- Any national residential course that meets the time requirements including Junior and Senior NCO Course
- Any international event that meets requirements

Any activity must be approved by your Duke of Ed Award Leader and must comply with your Award Unit's safety management system.