

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.

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/Section staff can provide you with this.
- Once it is filled in pass it back to your staff who will arrange for you to receive your badge.

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 or Flying Operations
 - 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.

VOLUNTEERING SECTION

- If you have already taken part in a fundraising, charitable or community event/project, 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, recording this in your Remote Activity Log. Why not try:

- Planning some remote cadet training.
- Helping with squadron social media activity.
- Supporting vulnerable community members.
- Litter picking in your local area.

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.
- 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.

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| • Sprint (in seconds) | • Skipping |
| • Ball Speed Bounce (no. in 30 secs) | • Single Leg Squat Thrust |
| • Sit Up/Trunk Curl | • Run (time in minutes) |
| • Press Up | |