



Duke Of Edinburgh's Award At Rockstar Climbing

Rockstar Climbing is a passionate supporter of the Duke of Edinburgh Award Scheme and we are keen to support students who are working towards their DofE award.

If you have made the decision to adopt climbing as the activity for your Physical section then your first step is to speak with your regular Rockstar instructor or any member of the Rockstar team and we will advise on how we can support you.

Please note that it is imperative you have discussed your DofE requirement with your regular Rockstar instructor and in addition you have asked them to be your assessor before you begin.

Your assessor will sit with you and agree a suitable target as well as a start and end time to achieve your DofE module. This target could be to complete your current NICAS / NIBAS Level, to become able to climb at a particular grade on ropes, bouldering or both, or to master a new climbing technique. Your assessor will be able to help you to choose a target that is both challenging and achievable in the timeframe.

To begin, you must download and print out the Physical Section activity log sheet from the DofE website here:

https://www.dofe.org/wp-content/uploads/2017/08/Activity_Log_Physical-1.pdf

This sheet records your attendance and progress. It is **your** responsibility to make sure your sheet is signed by your instructor every time you attend the centre.

During the period of the module you should regularly meet with your assessor to review your progress.

At the end of the module your assessor will sit with you again to make sure you have achieved your target and they will then write a report.

For any further details or questions please contact Matt Favelle (Assistant Course Director for NICAS & NIBAS) at matt@rockstarclimbing.co.uk.