

ESOC and the Duke of Edinburgh Award

Interested in doing the Duke of Edinburgh Award? Want to use orienteering as one or more of your sections? Read on as to how ESOC can help you.

Orienteering as a physical activity

The requirement from the award is to complete on average 1h/week for the 3 or 6 month period. Running your course may take less time than this, however including other aspects like a quick warm up and analysis of the course with an experienced orienteer afterwards could also be included in addition to the actual running. Other ways to increase the time would be entering more than 1 event a week and attending junior training. A full list of ESOC and other nearby events can be found at <https://www.esoc.org.uk/events> You can use a junior record card to keep track of your courses, but remember to use it at other events too. Everything is logged electronically, so keep this up to date with your events as you go. The assessor could be anyone in the club, but please ask them first and do not ask a relative. When complete, let your assessor know and they will be able to access your electronic log entries.

Volunteering for ESOC

The DofE requirement is, like the physical, for 1h/week. This can be stretched to 2h/fortnight, but really no longer as you may only be volunteering for 3 months. Volunteering for ESOC would likely be 2h/month as the club usually runs 1 event/month. On event days there are various jobs such as setting up registration, setting up and helping at the start and control collecting. You would always get a chance to run a course as well. However this 2h/month would need to be supplemented with volunteering at another club and ESOC can help you contact the relevant person. An alternative addition could be Parkrun, who also welcome volunteers and with several locations in Edinburgh you can find an event convenient for you. <https://www.parkrun.org.uk/events/events/#geo=4.21/54.91/-3.42>

If orienteering is for you, then you can use it for both sections as long as you make the distinction between taking part and helping out.

For more information, ask at our next event or email at this link, quoting DofE in the title <https://www.esoc.org.uk/contact/general-enquiry>

Duke of Edinburgh website: <https://www.dofe.org/do/>