

PHYSICAL RECREATION

I can't do my physical activity because the club has closed, and my team's training sessions are cancelled – how can I continue with my Physical Recreation Section?

Remember, only continue with any physical activity you are doing for your Award if you are feeling fit and healthy.

If your regular activity has been temporarily suspended, there are lots of ways you can continue maintaining relevant strength and fitness. Whilst mass gatherings must be avoided, you could consider range of activities to do at home including yoga, weight training, skateboarding or cardio exercises. Apps like Strava or Google Fit can help you monitor your activities and provide evidence for your Assessor.

There are also lots of fitness sessions and classes that can be followed online (on YouTube) and done within your home; from Pilates, Yoga, WII fit to learning dance routines, bootcamps to HIIT workouts. You can record a list of the ones you do and keep a record of your hours using the ORB.

Remember to seek approval from your Award Leader before you start.

I haven't started my Physical Recreation Section, what activities can be done from home?

There are lots of activities for the Physical Recreation Section that can be done from home, from yoga, or running, or online exercise classes. You can see a list of ideas [here](#).

Remember to seek approval from your Award Leader before you start.

SKILLS

Can I continue my Skills Section activity from home?

If your regular session for your Skills Section isn't running at the moment, speak to your Award Leader or Assessor to find out what you can do at home. This may include extra practising if you are playing an instrument, doing a performing art, doing games, or further research and project work.

More ideas of Skills activities you can do from home can be found [here](#).

Remember to seek approval from your Award Leader before you start.

I haven't started my Skills Section, what activities can be done from home?

There are lots of activities for the Skills Section that can be done from home, from cooking or playing an instrument, to learning a new language or drawing / painting. You can see a list of ideas [here](#).

Remember to seek approval from your Award Leader before you start.

VOLUNTARY SERVICE

Can I continue my volunteering activity if I have to stay at home?

This will depend on the activity you are doing for your Voluntary Service Section. Remember to ask your Assessor if there is anything you can do to support the organisation you're volunteering for while you are at home; this may be helping with social media campaigns, working on their website, designing flyers or materials or writing reports or documents. Although it may not be what you usually do, there are lots of ways charities and organisations might still benefit from your support even if you're at home.

If you can't continue your activity, then remember you can either take a break, or change activity. You may also decide to change activity if you are able to volunteer to help your local community at this challenging time.

Remember to seek approval from your Award Leader before you start.

Are there any other volunteering activities I can do at home?

If you're unable to continue with your volunteering activity, or are looking to start your Section, there are a number of charities who provide volunteering opportunities that can be done from home. Remember to always check with your Award Leader before your start.

A list of virtual volunteering ideas you can do from home can be found [here](#).

ADVENTUROUS JOURNEY

What do I do if my Adventurous Journey has been cancelled?

Speak to your Award Leader or Supervisor, as details will depend on your circumstances and Adventurous Journey arrangements.

Your Award group may postpone your Adventurous Journey until later on in the year, or if you are soon to be leaving the Award Centre you are doing your Award with, you could also consider completing your Award through an Open Award Centre or Activity Provider. Remember that you have until you are 25 to complete your Award, so even if you will have left your organisation you will be able to join a new group and complete an Adventurous Journey up until that time.

How can I continue to make progress towards my Adventurous Journey Section?

In most circumstances it will not be possible for Adventurous Journeys to be undertaken however Participants can research and plan for journeys. Participants and Award Leaders should keep abreast of Federal Government and their State and Territory health alerts and make decisions about their Adventurous Journeys based on this advice.

GOLD RESIDENTIAL PROJECT

My Gold Residential Project has been cancelled; can I still achieve my Award?

The organisation you have booked your residential with will be able to advise you on whether it can be postponed, and any refund arrangements. Although it's really disappointing to have your Residential cancelled, you have until your 25th birthday to complete your Award. Therefore, you will hopefully have plenty of time to rearrange your trip or find another one in the future.

