



FOUNDED 1900

THE ENGLISH SCHOOL
A SECOND CENTURY OF EXCELLENCE

The Duke of Edinburgh's International Award Participant Medical Certificate

Information for Student and their Parents/Guardians

A medical certificate needs to be provided by each participant verifying that they can take part in the Award. Please take this information sheet to your paediatrician, so that they will have some information on the Award. The deadline for submitting the required medical certificate to the School Nurse is 12:00 on Monday 30th September 2024. If any of the below health information changes, please notify the School Nurse as soon as possible.

Information for the Paediatrician of the Award Participant

The Duke of Edinburgh's International Award is one of the extra-curricular activities that the English School has been offering to students since 1968. It is a very popular, demanding and enjoyable activity. It presents a challenge to young people in four main areas: community service, skills, physical recreation and adventurous journeys. Participants work towards reaching the required standards in the above areas of the programme to achieve the Bronze, Silver and Gold Awards.

The most physically demanding aspect of the scheme is probably the adventurous journey section. For the Bronze Award participants are required to plan and undertake unassisted journeys in the countryside, without direct adult supervision. They need to carry a rucksack with the food and equipment that they plan to use over two days. The rucksack could weigh up to a quarter of their body weight. An average distance of 36 km will be covered in two days under potentially rough weather conditions. Overnight camping will take place.

For the Silver Award, similar conditions will be encountered with the number of days increasing to 3 and the distance covered to an average of 54 km. For the Gold Award, the number of days will increase to 4 and the distance covered to an average of 72 km.

The below medical certificate **verifying that each participant is healthy and able to take part in the Duke of Edinburgh's International Award is therefore required.**

Medical Certificate

I certify that _____ born on _____ is healthy and therefore able to take part in The Duke of Edinburgh's International Award Scheme and has also been vaccinated for tetanus.

Please keep in mind the following health information (if any):

Paediatrician's Name: _____ Telephone: _____

Paediatrician's Stamp & Signature: _____ Date: _____