To delegate successfully I need to...

something to them
Communicate what you want to delegate and why it is important – what is the purpose?
Set expectations of outcomes – establish shared criteria for success
Ask them if they are able to help you with this. If not, what do they need to be able to say yes to this?
Transfer responsibility – let them know that they are now responsible for this
Ask 'how will I know if it is on track?' Or 'how will I know when this is done?'