

Congressional Award

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Public Law 96-114, The Congressional Award Act



Do any of the following describe...
...things you do?
...things you like to do?

Aerobics
Archery
Baseball
Basketball
Bicycling
Boy Scouting
Camping
Canoeing
Debate
Exploring
Field Hockey
Football

Habitat for Humanity
Hiking
Hospital Volunteer
Interact
Learning for Life
Literacy Programs
Marching Band
Painting
Part-time Jobs
Photography
Police Auxiliary
Public Speaking

Reading
Red Cross
Running
Sewing
Softball
Soccer
Swimming
Tennis
Tutoring
Venturing
Woodworking



Many Congressional Award recipients do them too! They also do lots of others things—sometimes in groups, sometimes on their own. You get to decide for yourself!

Registration

Register using the attached form. You will receive a record book to help you record your achievements. Select an adult advisor who will help you set challenging but achievable goals in the four program areas. Once you've achieved your goals, summarize them in your record book.

Congressional Award Registration Form

PLEASE SEND ME THE MATERIALS SO I CAN
BEGIN WORK ON THE CONGRESSIONAL AWARD.

Name _____

Learning for Life Post _____ or Group Number _____

Male Female

Date of birth _____

Address _____

City/State/Zip _____

Phone _____

E-mail _____

Advisor's name _____

Advisor's address _____

City/State/Zip _____

Advisor's phone _____

Advisor's e-mail _____

**Have you ever been involved in the Congressional
Award Program?** Yes No

If so, did you earn an award? Yes No

**Note: Send completed form, \$10 registration fee
and signed waiver to:**

**Congressional Award Foundation
P.O. Box 77440, Washington, DC 20013
Phone 202-226-0130**

**Make checks payable to:
The Congressional Award**

WAIVER AND AGREEMENT

I agree to the following Congressional Award Program (“Program”) rules and requirements.

- I will select the activities I will perform in order to earn an award or certificate.
- I will not attempt to perform any activity until I have made certain that I can perform it safely.
- No one is authorized by the Program to: (i) advise as to the safety of any activity, or as to whether I am prepared to perform it safely, or (ii) supervise or exercise any control or authority over me or any other participant.
- **I hereby release and hold harmless each of the individuals and legal entities involved in the Program from any and all liability of any kind for any injury I might suffer while performing any activity in connection with the Program.**
- Information about me and my participation in the Program may be publicized by the Program.
- This agreement shall remain in effect as long as I am participating in the Program.

Participant _____

Date _____

Signature _____

Parents/Guardians Acknowledgment*

We are the parents or legal guardians of the Congressional Award participant listed above. We have read the foregoing Waiver and Agreement, and agree on behalf of ourselves and the participant to the terms thereof. We will assure ourselves that the participant is aware of the risks involved in each activity and we take full responsibility in lieu of the Program for each activity.

Name _____

Date _____

Signature _____

*Required for all candidates who are not considered adults under their state law—generally all who are under 18 years old.

The Four Program Areas



- Voluntary Public Service—providing voluntary public service to others and the community.
- Personal Development—developing personal interests, social, and employment skills.
- Physical Fitness—improving quality of life through fitness activities.
- Expedition/Exploration—undertaking a wilderness or venture experience.



Here’s how you can earn the Congressional Award! Hours dedicated to earning an award at one level are carried with you to the next level. Along your way to the Gold Medal, you will earn a Bronze, Silver, and Gold Certificate; and a Bronze and Silver Medal. The minimum age to register is 14 and you must achieve your goals by your 24th birthday.

Certificates

Bronze 30 hours of voluntary public service;
15 hours of personal development;
15 hours of physical fitness; and
Expedition/exploration activity

Silver 60 hours of voluntary public service;
30 hours of personal development;
30 hours of physical fitness; and
Expedition/exploration activity

Gold 90 hours of voluntary public service;
45 hours of personal development;
45 hours of physical fitness; and
Expedition/exploration activity



Medals

Bronze 100 hours of voluntary public service;
50 hours of personal development;
50 hours of physical fitness; and
Expedition/exploration activity—
including a minimum of one overnight

Silver 200 hours of voluntary public service;
100 hours of personal development;
100 hours of physical fitness; and
Expedition/exploration activity—
including a minimum of two overnights

Gold 400 hours of voluntary public service;
200 hours of personal development;
200 hours of physical fitness; and
Expedition/exploration activity—
including a minimum of four overnights