

# Congressional Award

# E



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