

Scouts!!!

Earn Congressional Awards! Participants must be between the ages of 13.5 and 24 years old. Here's how the program works:

1. Register online and pay the small registration fee at <https://www.congressionalaward.org/>. This website has valuable, detailed information about the program and the requirements. The website also has a printable record keeping book.
2. Find an advisor. This is someone who helps you establish how you will reach your goals and oversees the process. A good place to start in your search for an advisor is an adult leader in your patrol.
3. Find validators for each of the four program areas-volunteer service, personal development, physical fitness, and expedition/exploration. Note that these categories align with what you are already doing in as a scout! You can not only advance in scouts, you can earn congressional awards at the same time!
4. Complete the requirements for each award level. Requirements are cumulative except for the overnight expeditions/explorations. Be sure to have your record book signed off by your validators as you complete each program area.
5. Once all the requirements are complete, have your advisor review and sign your record book for submission to earn your award!

Certificate Levels

Minimum Hours by Program Area	Bronze	Silver	Gold
Voluntary Service	30	60	90
Personal Development	15	30	45
Physical Fitness	15	30	45
Expedition or Exploration	1 Day	2 Days	3 days
Total Minimum Months of Activity Needed* (for each of the main three program areas)	N/A	N/A	6 Months

Medal Levels

Minimum Hours by Program Area	Bronze	Silver	Gold
Voluntary Service	100	200	400
Personal Development	50	100	200
Physical Fitness	50	100	200
Expedition or Exploration	1 Night/ 2 Days	2 Nights/ 3 Days	4 Nights / 5 Days
Total Minimum Months of Activity Needed* (for each of the main three program areas)	7 Months	12 Months	24 Months

Questions?

Contact Tracy Padgett tspadgett@live.com or 423-306-0321 or Angela Ward 423-773-4577