

SCOUTStrong Navy SEAL Challenge Fitness Award



FALL - 2014

LEADER GUIDE

The SCOUTStrong SEAL Challenge Fitness Award is an advanced-level fitness award that supports the SCOUTStrong Healthy Living Initiative and focuses on the common healthy lifestyle objectives of both Boy Scouts of America and United States Navy SEALs/SWCC through fun and relevant programming.



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SCOUTSTRONG NAVY SEAL CHALLENGE FITNESS AWARD OVERVIEW

The aim of the SCOUTStrong SEAL Challenge Fitness Award is to encourage Scouts, Scouters, & community to work together toward, continuing, or to enhance a healthy lifestyle focusing specifically on an advanced level of physical fitness, nutrition, and injury prevention.

The award consists of 3 elements: 1) Rank and Prerequisite Merit Badge Requirements, 2) Preparation, and 3) Assessments.

In order to be eligible to achieve the SCOUTStrong SEAL Challenge Fitness Award a Scout will

- **Prerequisite Requirements:** Be a Star Scout between the ages, 14-18, and have completed Citizenship in the Nation merit badge and two of the following: Swimming, Personal Fitness, and/or Life Saving Merit Badges; or be a Venturer, between the ages 14-21, who has completed ½ of the requirements for the Venture Bronze Award either the Outdoor or Sea Scout option.
- **Preparation:** A Scout may prepare individually or as a group using the online resources provided by Navy SEAL/SWCC and is strongly encouraged to record their activities via the SCOUTStrong PALA webpage.
- **Assessments:** Each participant must pass the Navy SEAL/SWCC online assessment and meet the minimum requirements of the Navy SEAL Physical Strength Test.

Learning for Life participants will:

- **Preparation:** A LFL participant may prepare individually or as a group using the online resources provided by Navy SEAL/SWCC and is strongly encouraged to record their activities via the SCOUTStrong PALA webpage.
- **Assessments:** Each participant must pass the Navy SEAL/SWCC online assessment and meet the minimum requirements of the Navy SEAL Physical Screening Test.



NAVY SEAL PHYSICAL SCREENING TEST (PST) OVERVIEW

The Navy SEAL Physical Screening Test (PST) is designed to test adult sailors overall physical readiness to participate in the rigorous Naval Special Warfare or Special Operations training pipelines. To earn the SCOUTStrong SEAL Challenge Fitness Award the participant will have to pass the minimum requirements of the same PST that adult sailors are required to take. A Scout has to do at least the following:

- A 500-yard breaststroke or sidestroke in 12 minutes, 30 seconds
- 50 push-ups in 2 minutes
- 50 sit-ups in 2 minutes
- 10 dead-hang pull-ups in 2 minutes
- A 1.5-mile run in 10 minutes, 30 seconds

A Scout has exactly 10 minutes rest between the end of the swim portion of the test and the beginning of the push-up portion of the test; additionally the Scout has 2 minutes between each of the push-up, sit-up, and dead-hang pull-up portions of the test, and finally 10 minutes rest between the end of the pull-up portion of the test and the beginning of the run portion of the test.

The testing site is set up such that the participants can easily transition from the swim, push-up, sit-ups, dead-hand pull-ups, and running portions of the test.

This is a pass or fail test. If a minimum requirement is not met in any portion of the test then the test result is a fail.

This test is administered with all portions completed in succession. No portion may be tested or retested individually.

Detailed instructions regarding proper test administration and proper form: www.sealswcc.com/PDF/physical-screening-test-instruction-1220-410.pdf



LEADER RESPONSIBILITY

Each participant must a signed waiver and a completed requirements document signed by their leader verifying –

- Registration on the PALA site.
- Completed prerequisites for Scouts.
- Completed physical on file with the council office.

A SCOUTStrong Navy SEAL Challenge Fitness Award Requirements Sheet is located in Appendix A of this document.



PREPARATION RESOURCES

Boy Scouts of America and Navy SEAL/SWCC have a variety of preparation resources available to educate participants on physical training, nutrition, and injury prevention.

Boy Scouts of America Resources

Swimming Merit Badge # 35957
Proper breaststroke and sidestroke techniques

Personal Fitness Merit Badge # 35927
Proper push-up, sit-up, and dead-hang pull-up technique
Nutrition
Injury prevention

Navy SEAL/SWCC Resources

Naval Special Warfare Physical Training Guide
(www.sealswcc.com/PDF/naval-special-warfare-physical-training-guide.pdf)
Push-up, sit-up, dead-hang pull-up techniques
Suggested training schedules

Naval Special Warfare Injury Prevention Guide
(www.sealswcc.com/PDF/naval-special-warfare-injury-prevention-guide.pdf)
Stretching techniques

Special Operations Forces Nutrition Guide
(www.sealswcc.com/PDF/special-operations-nutrition-guide.pdf)
Balance nutrition for high performance

Injury Prevention Videos
(www.sealswcc.com/navy-seals-injury-prevention)
Stress Fractures
Knee Pain
Running Shoe Selection

Nutrition Video

(www.sealswcc.com/navy-seals-nutrition)

Swimming Videos
(www.sealswcc.com/navy-seals-swim-training)
SEAL Athlete
Swim Prep
Mental Toughness

Running Videos

(www.sealswcc.com/navy-seals-run-training)

Mile Progression

Mental Toughness

Strength Videos

(www.sealswcc.com/navy-seals-strength-training)

Shoulder Strength Part 1 & 2

Pull-ups

Push-ups

Hydration

Physical Screening Test Instructions

(www.sealswcc.com/PDF/physical-screening-test-instruction-1220-410.pdf)

REGISTRATION/PALA

How do I get started with the SCOUTStrong™/ Navy SEAL Fitness Award?

Participants enroll and track their progress online with a free Online Activity Tracker.

Begin by visiting www.presidentschallenge.org/scoutstrongnavychallenge

If you already have a President's Challenge account, log in and look up our group in the My Challenge application using the group name SCOUTStrong Navy SEAL Fitness Award or group number 945997.

If you don't have an account, create a free account and look up our group in the My Challenge application using the group SCOUTStrong Navy SEAL Fitness Award or group number 945997.

When asked to 'Choose a Challenge' – Select the Presidential Active Lifestyle Award –PALA

Participants will now arrive on their activity tracker home page, which they will see each time they log into their account. From this screen, they can track their activities and see their award progress, and adjust their account preferences.

Once you join this group, you will be able to:

- Log your activities and earn points that will count toward our group's total and will help you earn President's Challenge awards
- See how you're doing compared to other group members
- Interact with other members in our group forum
- Add a profile picture that will display in our group (or you can hide your information from other group members, if you prefer)
- Get even more motivated to perform well on your Navy SEAL Physical Screening Test!

Also remember that if you successfully complete the SCOUTStrong PALA criteria while you are training you will have already earned a SCOUTStrong PALA patch and certificate!



APPENDIX: PHYSICAL SCREENING TEST REQUIREMENTS SHEET

↓ ----- SECTION 1: BELOW TO BE COMPLETED BEFORE PHYSICAL SCREENING TEST ----- ↓

NAME: _____

ADDRESS: _____

CONTACT # _____ E-MAIL ADDRESS: _____

CHECK APPLICABLE REQUIREMENTS BELOW

Requirements – Boy Scouts		Completed - √	Date Awarded
Star Scout or Above	REQUIRED		
Citizenship in the Nation Merit Badge	REQUIRED		
Swimming Merit Badge	Two Of Three		
Personal Fitness Merit Badge			
Life Saving Merit Badge			

Requirements – Venturers		Completed - √	Date Awarded
Bronze Award Outdoor or Sea Scout Option			

All Participants		Completed - √	Date
Completed On-Line Registration PALA Webpage			
Passed the Navy SEAL/SWCC Online Assessment			
BSA Annual Health & Medical Form A, B, & C			

UNIT LEADER VERIFICATION OF COMPLETION OF APPLICABLE SECTION 1 REQUIREMENTS

Requirements Verified By

Unit Leader Name, Signature and Date

↓ ----- SECTION 2: BELOW TO BE COMPLETED AT TIME OF PHYSICAL SCREENING TEST ----- ↓

NAVY SEAL PHYSICAL SCREENING TEST RESULTS

NAVY SEAL PHYSICAL SCREENING TEST RESULTS			PARTICIPANT #		
REQUIREMENT	OPTIMUM	MINIMUM	RESULT	P / F	LEADER INITIAL
500-Yard Swim	9:00	12:30			
Push-up	90	50			
Curl-up	85	50			
Dead-Hang Pull-up	18	10			
1.5 mile run	9:30	10:30			

SCOUTStrong® NAVY SEAL CHALLENGE FITNESS AWARD PARTICIPANT RESULTS

Participant Results PASS FAIL Results Verified By: _____

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