



Mile Swim (SWIM-TRUNKS EMBLEM ONLY)

1. Explain how regular exercise contributes to good health and why swimming is one of the best forms of exercise.
2. Tell what precautions and procedures a swimmer and escort must follow for distance swimming over open water.
3. Under the supervision of a currently qualified aquatics instructor, BSA or equivalent, participate in 4 hours of training and preparation for distance swimming (1 hour a day maximum).
4. Swim 1 mile (1,600 meters) over an approved, measured course.



**MILE
SWIM
BSA** **1600
METERS**

This is to certify that

swam 1600 meters (1 mile)
under safe conditions
and has qualified for the Mile Swim BSA.

Witness _____

Date _____

BOY SCOUTS OF AMERICA