



Boy Scouts of America Mile Swim BSA Award

Requirements

1. Explain how regular exercise contributes to good health and why swimming is one of the best forms of exercise.

Date completed _____ Approved by _____

2. Tell what precautions and procedures a swimmer and escort must follow for distance swimming over open water.

Date completed _____ Approved by _____

3. Under the supervision of a currently qualified certified aquatics instructor or equivalent, participate in four hours of training and preparation for distance swimming (one hour a day maximum).

Date completed _____ Approved by _____

4. Swim one mile over a measured course that has been approved by the trained instructor who will supervise the swim.

Date completed _____ Approved by _____

The following person has successfully completed the requirements for the Mile Swim BSA Award:

Name _____ Unit type and No. _____

Date completed _____ Approved by _____

Unit leader's approval _____

Note: Swim trunks emblem, No. 245, only. The emblem is worn on the left side of the swim trunks. This award can also be earned and worn by adults.