



Mile Swim Award

Requirements

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 certified aquatics instructor or equivalent, participate in four hours of training and preparation for distance swimming (one hour a day maximum).
4. Swim one mile over a measured course that has been approved by the trained instructor who will supervise the swim.

Note: Swim-trunks emblem only.

I attest that this Scout has met and passed the above requirements.

(signature)

(date)

Upon completion of this award, this form should be turned in to the Scout's unit Advancement Chairperson for recording in the unit's records and then for submission to the Council Service Center's Registrar for review and so the appropriate patch may be purchased for the Scout..