

# **MILE SWIM, BSA**

## **(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 certified aquatics instructor, BSA, or equivalent, participate in four hours of training and preparation for distance swimming (one hour a day maximum).
4. Swim one mile (1,600 meters) over an approved, measured course.