

# Mile Swim



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

Note: Swim-trunks emblem only. In addition to the patch shown at the top of this page, the wallet card (No. 34246) shown below is available.

A yellow wallet card for the Mile Swim BSA 1600 Meters. At the top left, it says "MILE SWIM BSA" in large, bold, black letters. To the right is a small circular emblem with a swimmer silhouette and the words "MILE SWIM BSA". Below the emblem, it says "1600 METERS" in bold black letters. The main text reads: "This is to certify that" followed by a horizontal line, then "swam 1600 meters (1 mile) under safe conditions and has qualified for the Mile Swim BSA." Below this, there are lines for "Witness" and "Date". At the bottom, it says "BOY SCOUTS OF AMERICA" in all caps.