

# Mile Swim



## 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.