

# Troop 780

<http://www.BSATroop780.org>

## Mile Swim Award

The BSA Mile Swim patch is to be worn on the left side of swim trunks. It is not to be worn on the scout uniform.



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