

Mile Swim

Requirements:

Req 1. Explain how regular exercise contributes to good health and why swimming is one of the best forms of exercise.

Req 2. Tell what precautions and procedures a swimmer and escort must follow for distance swimming over open water.

Req 3. Under the supervision of a current qualified counselor, participate in four hours of training and preparation for distance swimming (one hour a day maximum).

Req 4. Swim one mile over a measured course that has been approved by the counselor supervising the swim.

Execution:

- All participating in the Mile Swim must have an up to date, signed health form, and pass the BSA Swimmers test.
- Participants must report to their respective waterfronts on Monday to sign up for the Mile Swim.
- On Monday they will sign up and be instructed to return to the waterfront daily to swim an hour a day. This can be broken up however they like but it is required they have 4 hours of practice prior to completing the mile and they may not exceed an hour of training in a day. That being said they must swim an hour a day Monday – Thursday.
- One of these practice sessions should be dedicated to swimming a quarter mile to ensure swimmers are capable of the task at hand.
- Friday morning the mile swim will take place at each individual waterfront.

