



AWARD WORKSHEET

Mile Swim Award

Scouts BSA

Name

Started

Completed

The Mile Swim Award is for Scouts who want to build endurance and confidence in the water. You'll pass the swimmer test, learn how pace and stroke choice affect long swims, show you're ready with a quarter mile, and then swim a full mile with proper supervision. It's a real accomplishment and great for your health.

Requirements

Every official requirement, in plain language. Check the official wording when you sign off (scouting.org/awards/awards-central/mile-swim/). Tips and examples are ideas, not extra requirements.

- ☐ **1** Pass the swimmer test: enter feetfirst in water over your head, level off, swim 75 yards strongly using sidestroke, breaststroke, trudgen, or crawl, then 25 yards of easy resting backstroke, all 100 yards in one swim without stopping and with at least one sharp turn

Tip: Practice the whole test in one swim: 75 yards of a strong stroke with a sharp turn, then 25 yards of easy backstroke to rest. Many camps and pools offer the test at the start of the season.

- ☐ **2** Learn through discussion and practice how skill, stamina, stroke choice, and pace affect distance swimming

Tip: Try a few strokes over longer distances and notice which one you can keep up without getting winded. Ask your counselor about pacing, breathing, and switching strokes to rest.

Example: Swim 100 yards each of crawl, breaststroke, and sidestroke and notice which one you could keep going the longest. Then swim a few lengths fast and a few slow, and talk with your counselor about why an even pace beats a fast start.

- ☐ **3** Prequalify by swimming 1/4 mile without stopping, or by otherwise showing a council-approved counselor you're ready

Tip: Build up to a quarter mile a few lengths at a time. In a 25-yard pool, that's about 18 lengths.

Example: Swim about 18 lengths of a 25-yard pool without stopping. Keep moving through the turns instead of resting on the wall.

- ☐ **4** Swim 1 mile under safe conditions on a course the supervising counselor approves

Tip: Swim at a steady pace you can keep up. Your counselor approves the course and supervises the swim to make sure you're safe.

Example: Pick a stroke you can hold for a long time and settle into a rhythm instead of racing. Counting lengths or strokes in sets of 10 helps you stay steady and keep track.