

Approved September 13, 2016

Year Round Training Policy

From November 1 to May 31, the amount of training permitted by a summer swimmer is restricted if they wish to retain summer swimming status.

To be considered eligible to register for summer swimming, and/or be considered eligible to compete at any summer meet, a swimmer may swim in a year round program as a pre-competitive swimmer in the appropriate age group OR in a coach or parent directed program that is age and stage appropriate with the long term athlete development (10 & under two hours per week, 11-12 three hours per week, 13 & over four hours per week, age as June 30th of the next competitive season).

Summer swimmers may participate in the following:

- Red Cross and Life Saving Society Classes, "I Can Swim" Classes, YMCA swim instruction program
- Fundraising swim-a-thons
- Other water sports such as Synchronized Swimming, Water Polo or Diving

Summer swimmers will be permitted to attend one swim camp during the restricted training period and/or attend the first Nova Tech Aqua Kids or Age Group Development Meet from the Year Round program with Swim Nova Scotia as an exhibition swimmer.

If a swimmer has been registered as a year round swimmer (registered September 1st to August 31st), then he or she must sit out the number of years he or she swam year round to a maximum of two years (starting when they stop year round swimming) i.e. train year round one year, miss Provincials one year, train year round four years, miss Provincials two years.

Swim Nova Scotia will accept applications for exemptions from Club Presidents until June 30th of the current season.

Appeals: May be submitted as per the Swim Nova Scotia Appeals Policy.