

March 12-9:15pm local time

To date Swim NS has not received any updates from the province, but we have reached out to ask for further information and it will be shared with you as soon as anything is received. Information has been changing quickly, and will continue to do so. We suggest keeping an eye on the websites listed below to remain up-to-date with the most current information about COVID-19 in Nova Scotia.

Swimming Canada's Senior Leadership team has been in close contact with their partners. They have released a statement that is now available on their [webpage](#). In summary, no decisions have been made yet related to any upcoming Swimming Canada event; they have been advised to wait to hear back from the Ontario Government and City of Toronto as it relates to Trials.

Swim Nova Scotia will follow all mandates implemented by the Government of Nova Scotia and all Municipalities as it relates to any sanctioned events/activities in our Province. As information is received, our membership will be notified. If you have any questions, please do not hesitate to contact your Club Head Coach or the Swim NS [office](#).

[The Nova Scotia Provincial Government Site](#) includes up-to-date information including:

- Information about closures and restrictions because of the virus
- When to seek help
- Advice about prevention and being prepared
- Travel advice: what to do if you're planning on travelling or recently returned from another country
- How the healthcare system is preparing and monitoring
- Testing data
- Link to Federal Government Information about Coronavirus: [webpage](#)

We can all do our part to stay healthy and prevent the spread of any respiratory illness, including COVID-19. Please follow [prevention practices](#) such as:

- washing your hands frequently with soap and water or using hand sanitizer
- coughing or sneezing into your elbow or a tissue (throw the tissue away)
- limiting contact with others when you're sick
- limiting touching your eyes, nose, and mouth
- not sharing items that may have saliva on them like utensils and bottles/glasses
- cleaning surfaces like taps, doorknobs, and countertops often

