

March 13-6:25pm local time

In response to the ongoing Coronavirus (COVID-19) pandemic, Swim Nova Scotia, under the direction of Swimming Canada **has cancelled all sanctioned competitions effective March 16-April 20, 2020**. A status update will be shared on or before April 21st for sanctioned competitions after April 20th.

Upcoming sanctioned competitions that are now officially cancelled (some events may be postponed):

- Head to Head Clinics (Wolfville, Halifax, Truro)- March 21
- Halifax Chronos Masters Long Course Meet (Centennial Pool)- March 21
- AAA Long Course #3 (Dalplex Pool)- March 28
- AA Short Course #2 (Kiwanis Pool, Cape Breton)- March 28-29
- 2020 Olympic Trials (Toronto, ON)- March 30-April 5
- 2020 Eastern Canadian Championships (Windsor, ON)- April 16-19
- Nova Tech #5 North (Port Hawkesbury)- April 18
- Nova Tech #5 Central (Halifax)- April 18
- Nova Tech #5 South (Wolfville)- April 18

Clubs may continue to operate and provide safe and healthy training environments following all Nova Scotia Government Mandates.

Please see the official press release from Swimming Canada on their [Webpage](#)

Swim Nova Scotia would like to thank the swimming community for your ongoing patience and cooperation at this time.

All members are reminded to follow the advice of Nova Scotia's Chief Medical Officer and all Government Officials:

Health-care workers, teachers, civil servants and other public sector employees who travel anywhere outside Canada will have to stay at home/self-isolate away from the public for 14 days after returning to the country. These measures also apply to students of Nova Scotia public schools and children in regulated child care centres who have travelled with their families, even if their parents or caregivers are not public sector employees.

The chief medical officer of health is also encouraging individuals, employers and community organizations to limit social gatherings to no more than 150 people to limit spread. This could include events like weddings, church services, movie theatres and concerts. This measure will help protect vulnerable Nova Scotians who are at greatest risk and will be reassessed as the situation evolves.

Nova Scotians should think about additional measures they can take to help reduce the spread of COVID-19, such as:

- *Avoiding close contact with others (keeping at least two metres or roughly six feet apart)*
- *Avoiding crowds and gatherings like parties and other group activities*
- *Staying home if ill, especially if you have a fever and or a new cough*
- *Practicing good hygiene remains the best defense against illness. We need to ensure that we are all taking the necessary precautions in hand washing as we normally would for a flu season.*

More details and up to date information can be found on the Nova Scotia Provincial Government [webpage](#)