

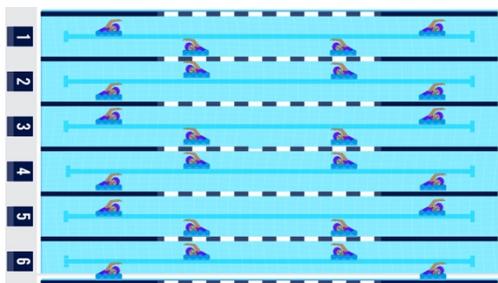
# SWIM NOVA SCOTIA RETURN TO SWIMMING v5 – MODIFICATIONS TO POOL TRAINING

## OVERVIEW

- Registered Swim Clubs that have had their Return to Pool Swimming plans accepted may now utilize the options outlined in the diagrams below based on Head Coach directive
- Overarching health requirements outlined in Swim Nova Scotia's Return to Swimming Plan must still be adhered to
- Swimmers may utilize the facility changerooms/washrooms before and after training, provided the facility has established cleaning protocols that meet or exceed the minimum Nova Scotia Provincial Government requirements

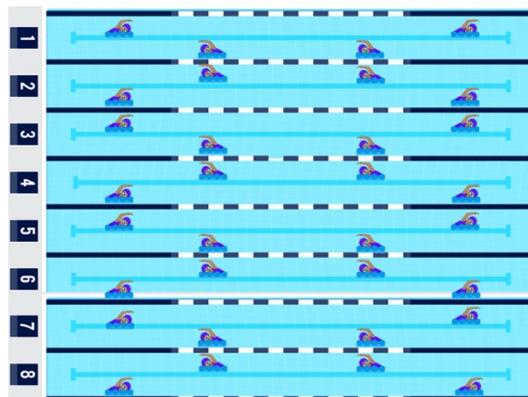
## POOL TRAINING

**Option 1 – Expanded Group Training** – Allow for a maximum of 4 swimmers per lane at one time while maintaining physical distancing of at least 2m (or 6 feet). The maximum group size can be up to 50, which may include coaches.



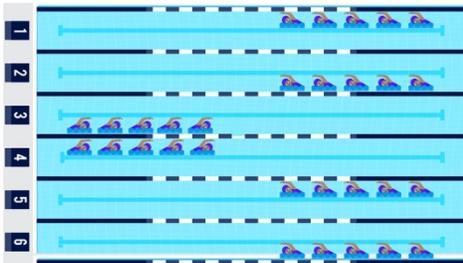
**Example 1: Expanded Training Group** This example (left diagram) allows for a total of 24 swimmers in the water - 4 swimmers per lane in a 6-lane pool.

**Example 2: Expanded Training Group** This example (right diagram) allows for a total of 32 swimmers in the water - 4 swimmers per lane in an 8-lane pool.



**Option 2 - Bubble Training** - A training bubble is a group of up to 10 swimmers that is exempt from social distancing, provided they stay together. This applies to water and dryland training. The maximum group size can be up to 50, which may include coaches.

If coaches can maintain physical distancing from training bubbles at all times, they would not be considered part of the training bubble and could coach multiple training bubbles at different times of the day. It is encouraged that Coaches stay with their designated training bubble for the duration of the session.

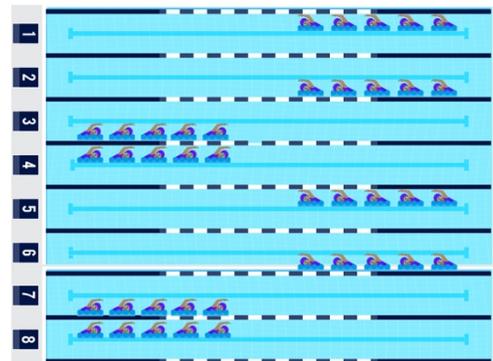


**Example 1: Bubble Training**

This example (left diagram) allows for a training bubble of 10 swimmers in 2 lanes in a 6-lane pool. Training bubbles would start from opposite ends of the pool and maintain physical distancing between each training bubble. Incidental, brief, unavoidable contact is acceptable between the training bubbles.

**Example 2: Bubble Training**

This example (right diagram) allows for a training bubble of 10 swimmers in 2 lanes in an 8-lane pool. Training bubbles would start from opposite ends of the pool and maintain physical distancing between each training bubble. Incidental, brief, unavoidable contact is acceptable between the training bubbles.



Please review the revised Swim NS Return to Swimming Plan for details on Public Health requirements for each option.