

June 24, 2020

The Swim NS Return to Swimming Plan continues to evolve with the recent announcements from the Province of Nova Scotia. Our three main priorities are swimmer development, swimmer and coach safety both in and out of the water, and continuing to respect the Public Health mandate surrounding the COVID-19 pandemic.

Our modifications are to Phase 1 of the Swim Nova Scotia Return to Swimming Plan. We now introduce gradual steps that incorporate increases to the general rules around social interactions and restrictions during different activities (open water, pool and dryland training).

As the provincial guidelines continue to change, we may re-evaluate our Plan in the coming weeks and make further modifications to increase limits, including group sizes, based on feedback received from Head Coaches and the success that Clubs have demonstrated in each training activity.

One of the new initiatives being introduced is the opportunity to increase overall group size; this is determined by the activity to ensure the safety of our swimmers and coaches.

The second new initiative is the introduction of an option to have 'training bubbles.' A training bubble is a group of up to 10 swimmers that is exempt from social distancing, provided they stay together as a single training group for the week. This applies to water and dryland training.

Please find attached the Modifications to Phase 1 that outlines these gradual increases. In addition, I have attached the latest version of the Swim Nova Scotia Return to Swimming Plan dated June 24, 2020. You will see the above modifications noted in the Appendix at the end of the Plan (revisions are summarized below the table of contents).

Clubs that were approved to begin training this week, are welcome to have your Head Coach submit the following to Swim Nova Scotia for review and approval:

- Confirm which option you are planning to use for planned activities
- An outline of any additional changes to your training program and/or club plan
- Revised group training times
- Revised swimmers names in each group
- If new swimmers are joining your program, please be sure to submit the COVID-19 Declaration of Compliance Form and complete the electronic Acknowledgment and Assumption of Risks Form

Once approved, Clubs may move to the revised Phase 1 Group Training Sizes beginning the week of June 29th.

Clubs that have not yet submitted a request to commence training can follow the modified Phase 1 included in the attached document when submitting the Club Form.

I will continue to update the membership as more information becomes available. I am available via email or on my mobile phone 902-497-2088.

Thank you for your cooperation!

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RESOURCE PAGES

[Swim Nova Scotia COVID-19 Resources](#)

[Swimming Canada COVID-19 Resources](#)

[Federal Government Economic Response Plan](#)

[Nova Scotia Provincial Government COVID-19 Resources](#)

[Public Health Agency of Canada COVID-19 Resources](#)