

June 9, 2020

Swim Nova Scotia's Return to Swimming Plan has been reviewed and accepted by Nova Scotia's Chief Medical Officer of Health and we are now an approved activity to begin no sooner than June 22<sup>nd</sup>, 2020.

A copy of the Plan is attached to this email (and posted on our webpage), everyone is encouraged to review the contents carefully. Please keep in mind that this is a living document which will evolve and be adapted based on changing COVID-19 circumstances. A safe and responsible return to swimming is paramount with the overall goal to avoid infections and spread to other people in the community. The regulations and guidelines of Nova Scotia's Chief Medical Officer of Health will ultimately drive the timelines for when it is updated.

Our multi-phase plan is broad and follows designated public health restrictions that may adjust over time:

- Adhering to Provincial gathering limits (currently limited to 10)
- Ensuring physical distancing when outside of the home (currently 6 feet or 2 meters)
- Practicing good hygiene (hand hygiene, avoid touching face, respiratory etiquette, disinfect frequently touched surfaces)
- Staying informed, being prepared and following public health advice
- Limiting non-essential travel
- Increasing environmental cleaning & ventilation of public spaces
- Staying at home and away from others when symptomatic
- Considering the use of non-medical masks or face-coverings in situations where physical distancing cannot be maintained
- Wearing a medical mask if symptomatic and in close contact with others

Currently, Phase 1 of the Provincial swimming framework will allow Open Water & Pool Training (Skill Development) that incorporates the following:

- Maintaining physical distancing during group training
- Ensuring public health guidelines and gatherings are being adhered to (currently 10)
- Smaller and more controlled groups

Phase 2 of the Provincial framework sees an increase in the group size during training, increased practices and continues to maintain all public health guidelines. Phase 3 will continue to evolve as more information becomes available.

Phase 4 will outline a safe return to competition. Returning to competition is secondary to the return to training, there will be new and/or revised guidelines to follow as more information is received. The final phase of the framework will be post-pandemic; again, we will receive information from our Government Officials and Swimming Canada on what this may look like when the time is right.

It will be important to keep the following in mind:

- Everyone must comply with the Nova Scotia Health Protection Act Order and Public Health directives

- Insurance coverage is dependent upon following all Swim Nova Scotia directives
- We will lose this return to swimming activity privilege if you do not obey the law. Negligent actions may set our community back – please adhere to all directives

**For the remainder of the 2019-2020 swim-season** (membership expiration August 31, 2020):

- If your Club is interested in organizing pool or open water training for your membership, please complete the appropriate Club Plan form(s) as outlined in the Instructions and submit to Swim Nova Scotia for review/approval when you are ready (review/approval may take up to three days). Assumption of Risk and COVID-19 Declaration of Compliance Forms (attached) must be received at the Provincial level. Additional resources are also included in the attached worksheet:
  - Overview Nova Scotia Health and Safety Requirements
  - Sample Open Water Checklist
  - Sample Swimmer & Parent Checklist
  - Sample Daily Screening Record
  - Sample Daily Health Monitoring Checklist

Clubs **MUST** be approved by Swim Nova Scotia before beginning any group training in-person. Clubs will only be approved for Phase 1; they will be required to re-apply for Phase 2 based on new information/requirements.

- Clubs will not be approved to resume before June 22<sup>nd</sup>, 2020 date; however, Club Forms will be accepted starting the week of June 15<sup>th</sup> for review and approval
- If your Club has made the decision to be inactive for the remainder of this season, that is no problem at all. You will be required to begin in Phase 1 and follow the training requirements that are outlined when your Club resumes operations next season. Modifications may be made to Phase 1 based on Public Health Officials, this information will be shared if necessary and when available.

**2020-2021 Swim-Season:**

- Registration information will be circulated by the end of June. Club registration is tentatively set to begin the week of September 8<sup>th</sup>, Swimming Canada's Registration database will be shutdown August 24<sup>th</sup> for scheduled maintenance and system upgrades.
- The Club Affiliation and Registration process will be the same as it has been in previous years; the Assumption of Risk may be built into Swimming Canada's Registration database next season and will be a registration requirement. The COVID-19 Declaration will be an electronic copy.

Please reach out with any questions you may have.

Bette

*"I know many people are excited and anxious about businesses reopening or getting back to work. Our business community has done a tremendous job to prepare. We're in this together and all of the planning will only work if everyone co-operates. Please remember that COVID-19 is still here, and we all need to be cautious and safe. -Dr. Strang*

ONGOING 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