

SWIM NOVA SCOTIA MODIFICATIONS TO PHASE 1

OPEN WATER TRAINING

Option 1 – Expanded Group Training - Allow for up to 15 swimmers at one time while maintaining physical distancing of at least 2m (or 6 feet). The maximum group size can be up to 20, which may include coaches and/or safety personnel. There must be at least one coach/safety personnel in the water and one onshore.



Example: Expanded Training Group

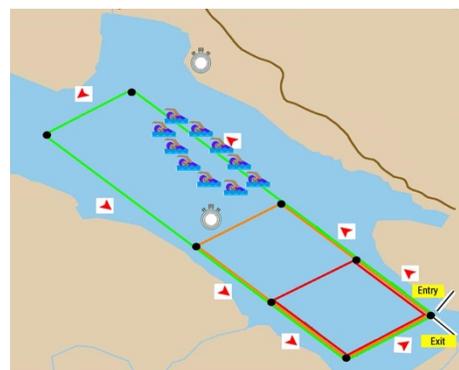
This example (left diagram), demonstrates 13 swimmers in the water with one Coach/Safety Personnel in the water and one Coach/Safety Personnel on shore.

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 as a single training group for the week. This applies to water and dryland training.

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: Bubble Training

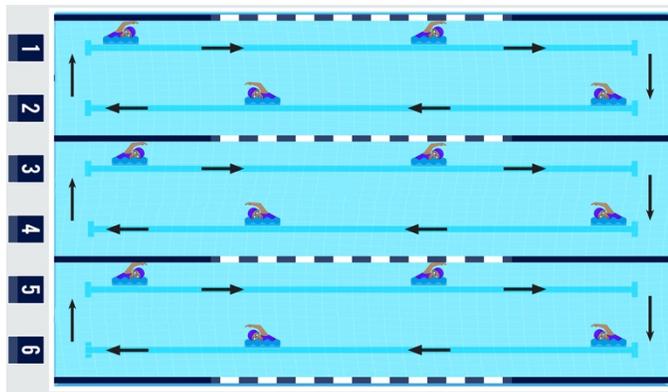
This example (right diagram) demonstrates a training bubble 10 swimmers in the water with one Coach/Safety Personnel in the water and one Coach/Safety Personnel on shore.



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

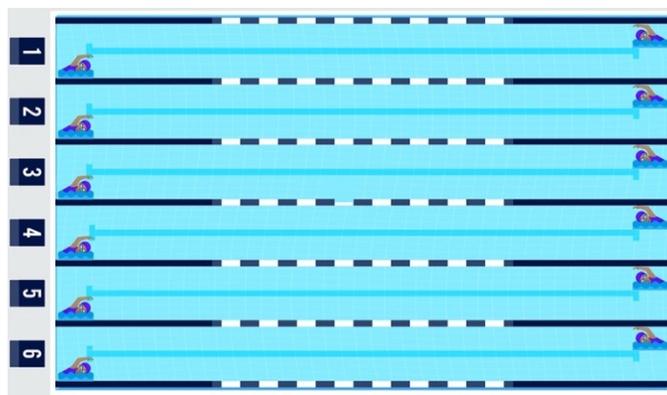
POOL TRAINING

Option 1 – Expanded Group Training – Allow for up to 15 swimmers at one time while maintaining physical distancing of at least 2m (or 6 feet). The maximum group size can be up to 20, which may include coaches.



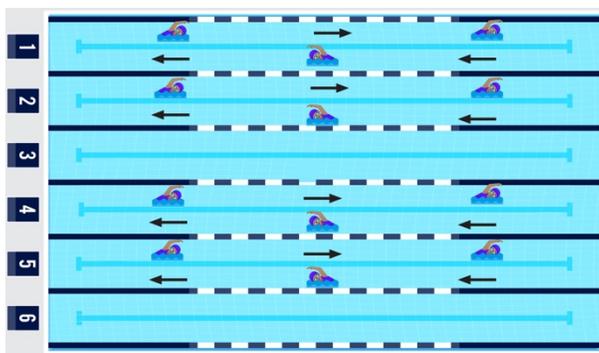
Example 1: Expanded Training Group This example (left diagram) allows for a total of 12 swimmers in the water - 4 swimmers per 2 lanes.

Example 2: Expanded Training Group This This example (right diagram) allows for a total of 12 swimmers in the water - 2 swimmers per single lane.



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 as a single training group for the week. This applies to water and dryland training.

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: Bubble Training

This example (left diagram) allows for a training bubble of 6 swimmers in 2 lanes with one coach. One empty lane in between with another training bubble of 6 swimmers with one coach.

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

DRYLAND TRAINING

Option 1 - Expanded Training Group – Allow for up to 50 swimmers 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.

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 as a single training group for the week. This applies to water and dryland training.

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.

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