

July 6, 2020

Recently the Province announced changes to gathering sizes for indoor/outdoor events and Atlantic Travel. We have been in contact with the Province in order to get clarification on the changes that came into effect on July 3, 2020.

Now that the Atlantic Bubble has opened for Travel, Swim NS members do not have to self-isolate for a two-week period if they are travelling within Atlantic Canada. The Daily Screening Record and Health Monitoring Check-Lists have been adjusted and included in the attached Club Application Form.

July 10<sup>th</sup> will conclude the first 3-weeks for many Clubs that were approved to resume training on June 22<sup>nd</sup>. These Clubs are now eligible to apply to move onto Phase 2 of Swim Nova Scotia's Return to Swimming Plan if they feel as though they are ready.

Phase 2 includes another gradual increase to group size for both pool and open water training. Pool training has increased to a maximum of 4 swimmers per lane while maintaining social distancing (total group size of 35 including swimmers and personnel). Open Water training has increased to a maximum of 20 swimmers at one time with an additional 5 personnel (total group size of 25). To ensure safety among all open water participants, Clubs should provide appropriate Coach/safety personnel based on increased numbers. Training bubbles of 10 are now only required to stay together for one day.

The revised Return to Swimming Plan and a Summary document are attached for your reference. If you would like additional sample pool training diagrams (i.e. 2 or 3 swimmers per lane) based on your facility regulations, please do not hesitate to ask.

Application Forms for new Phase 1 applicants are to be submitted to Swim NS for review and approval a minimum of 3 days prior to your anticipated start date.

Any modifications to approved plans or requests for advancing to Phase 2 must be submitted to Swim NS for approval. Clubs must successfully complete Phase 1 Pool OR Open Water for a minimum of 3 weeks before applying to move to Phase 2.

If you have any questions, please do not hesitate to contact me - thanks for your continued support!

Bette