

September 28, 2020

In preparation for October 1<sup>st</sup>, 2020 Provincial Health Regulation changes, the following outlines Club requirements to resume pool training:

- Year-Round, Masters & Summer Clubs (winter maintenance) resuming indoor pool training on October 1<sup>st</sup> (or later ) may have their Head Coach complete an application to resume training, with an option to begin in phase 3
- Year-Round & Masters Clubs that have already been approved to resume indoor pool training may automatically move to phase 3 based on their Head Coach directive

Phase 3 allows a training group of up to 50 swimmers and coaches with no physical distancing in a given field of play and will **come into effect on October 1, 2020.**

Spectators are now permitted to attend practices **pending facility access and regulations.** Each facility has its own guidelines and capacity limits which must be respected at all times. Spectators must be physically distanced from the field of play. Masks must continue to be worn at all times by all spectators in an indoor space.

All overarching health requirements outlined in Swim Nova Scotia's Return to Swimming Plan must still be adhered to. We are pleased to present version 7 of our Return to Swimming Plan, along with modifications to our Officials Return to Competition and Application processes for Clubs to return to training and organize time trials.

The following documents are attached and **will come into effect on October 1<sup>st</sup>:**

- Swim NS Return to Swimming September 28 Update (version 7)
- Swim NS Return to Swimming Phase 3 -Summary of Modifications
- Return to Swimming Explanations & Interpretations Update September 28
- Return to Swimming Club Application Phase 3
- 2020 Swim NS Club Time Trial Request Form - COVID-19\_ Modified October 1
- Swim NS Officials Return to Competition – October 1

It remains important for everyone to strictly adhere to the public health order and directives - practise good hand washing and other hygiene steps, maintain a physical distance when and where required. Wearing a non-medical mask is mandatory in most indoor public places.

If you have any questions, please do not hesitate to contact me!

Thanks

Bette