

November 16, 2020

As the number of cases of COVID-19 increase in Nova Scotia, it is very important that we all continue to closely follow Nova Scotia's Health Authority Regulations, Swim Nova Scotia's Return to Swimming Guidelines for Training/Competition, and all Facility Regulations.

Just a reminder that **the following people should not attend practices:**

- Any person who is experiencing symptoms suggestive of COVID-19 - [COVID-19 Daily Health Checklist](#)
- Any person who travelled outside Atlantic Canada in the previous 14 days
- Any person who is a close contact of a confirmed case of COVID-19
- Any person who is awaiting a COVID-19 test result

Daily monitoring for symptoms is important to identify any potential cases of COVID-19 as quickly as possible. **Coaches are reminded to continue to do daily health monitoring and log it in the Swim NS Kinduct Platform.**

Direct anyone who may need to get tested to [COVID-19 Self-Assessment Tool](#) or if unable to access the online tool, to call 811.

*"We must continue to practice all public health measures, follow local guidelines for gathering limits, maintain physical distancing, wash your hands, wear a mask. Protect yourself and others, we've come too far to stop now!"*

Dr. Theresa Tam  
Chief Public Health Officer of Canada

Stay Safe!

Bette